

THE
NAWay[®]
MAGAZINE

THE INTERNATIONAL JOURNAL OF NARCOTICS ANONYMOUS



JANUARY 2014

VOLUME THIRTY-ONE ♦ NUMBER ONE



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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

A line in *Living Clean* says, "When we know our lives are in the care of a loving power greater than ourselves, we are able to let go...and apply that willingness...in other areas of our lives." This seems to be a theme for me recently, and I detected that sense of letting go in many of this issue's articles—letting go, being open to new ideas, trusting enough in ourselves and the universe to take a leap and see what happens. As he celebrated 23 years clean recently, a friend said he finds himself focused on his humanity—really living, feeling, experiencing, and reveling in being alive. These are the kinds of gifts our recovery can bring to us.

And, speaking of gifts, isn't it time to open your heart and mind to the gift of a free electronic NA Way subscription? (www.naway.org or www.na.org/subscribe) As usual, there isn't enough room in these printed pages, so please be sure to read the additional articles about NA's history and development in Africa because there are many facets of fellowship development in every NA community. And, as usual we give you the gift of the cover poster and other additional features. Click away!

De J, Editor

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for additional content.

Cover photo: Ken B, Florida, USA

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.

Three steps, principles, and values

Before beginning the process of reading, writing, analyzing, and working the steps with my sponsor, I wondered, "What are the steps about? How should I do the steps? What is the surrender that we hear about in the meetings?" Being open-minded to suggestions, I started working on the recovery process, and the questions continued: What is the First Step about? How do I know that I've worked it? What is the meaning of sanity? What is a higher power? How do I know that I have turned my will and my life over to the care of God?

The doubts were a lie inside me because I wanted to recover. I wanted something different, so that I wouldn't use again and so that I could improve the condition of my life, because my existence up until then had consisted of using substances, vanity, and sex. I didn't know how much I wanted or needed the program, but the fact was that I didn't want to or couldn't continue like that. Something inside me needed to do things differently. I had spent my whole life looking for a solution to my addiction, and I had gone from one place to the next without arriving anywhere. This pain and confusion were the motivating factors that led me to start the process. I got a sponsor and we started this journey.

The First Step brought to my life the desire to continue moving on, because I was finally realizing why so many things had happened to me. I learned about important concepts for my recovery such as the disease of addiction and my powerlessness, denial, reservations, and unconditional surrender; all were the essence of the work that I did on this step. And then the Second Step, through the process of coming to believe, initiated another moment of discovery. I realized how necessary it was for me to change my way of thinking, and I came to understand the spiritual solution the program offers me.

When I started the Third Step, I was excited and I had real expectations. My expectations were fulfilled when I learned the process of making the decision to turn my life and my will over to the care of God. I truly felt a sense of freedom and, at the same time, I felt committed to continue moving forward. Reflecting beyond this process, I have convinced myself that all this work is indispensable for me to be able to understand what the process of recovery is and what the steps are about. The truth is that I had started to live part of this recovery process long before I selected my sponsor and started working with *The NA Step Working Guides*; and long before I finished writing the Third Step, because from the moment I admitted I was sick and had a serious problem using drugs and that my life was a total disaster, I was building the foundation of my program. I was telling myself the truth. It was then that I began to live with the first signs of honesty, and with this I made a great leap to benefit my recovery.

As I moved forward, the need to have a sponsor to work the steps was very clear. I was not ashamed anymore that my family, friends, and work mates knew about my addiction.



Table and chairs, Brett L, Illinois, USA

I had NA books, caps, and T-shirts, and it didn't bother me at all when everyone asked what NA was about. I wasn't as concerned to know that people, places, and things related to my active addiction had to stay behind me, and this led me to acceptance. In doing all of this, I had already started working the First Step of NA as I understood it. At that point, without my knowing it, my mind was open enough not just to understand or to want the things that I heard my fellow NA members and family members talk about, but also to not reject the things they were telling me, a trait that had been so destructive for me.

I prayed. I began to read NA literature and I found hope, open-mindedness, and faith—spiritual principles in the Second Step. They had entered my life, and I began to look for solutions. Most importantly, I allowed the process to carry me, and I was willing to sacrifice my free time to attend meetings—90 meetings and beyond. I was willing to call my sponsor and work with him, to pick up the chairs and cups in the meeting. I was willing to receive suggestions and to put my recovery first, despite the fear and negative circumstances I was facing. I was willing to do things differently, which made me aware of how important it was to have willingness, and that I already had some willingness in my life. I had some time clean and trusted that I could recover and turn my life over to God and continue to realize the Third Step.

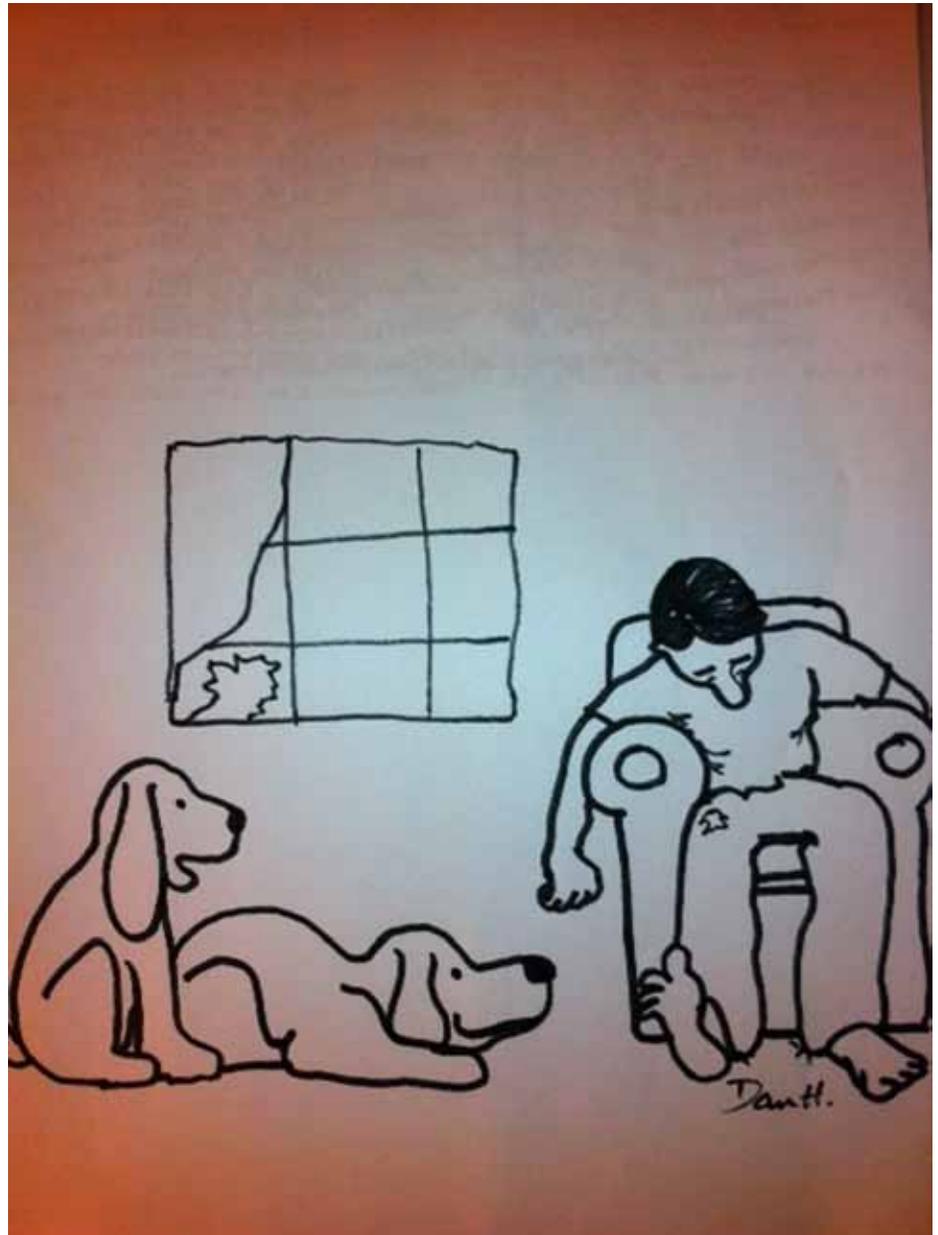
I now realize that the principles of the First, Second, and Third Steps were with me before I even applied them in my step work, and these principles were maximized as I worked my steps. Today I have a positive attitude toward these principles. I behave better, I have fewer problems, and I have more serenity in my life—as long as I tell the truth and I accept; as long as I am open-minded and I believe; as long as I am willing and I take action; as long as I trust, and remember the things that led me to stop using drugs. I have to look for help for my problem and continue working, trusting, and committing to the recovery process, so that these values develop and transform my life.

Anonymous, Santiago, Dominican Republic

Basic caption contest

Here's your chance to participate in *The NA Way Magazine* in a whole new way. Write a caption for this comic, 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 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.



Dan H, California, USA

A meeting in Abu Dhabi

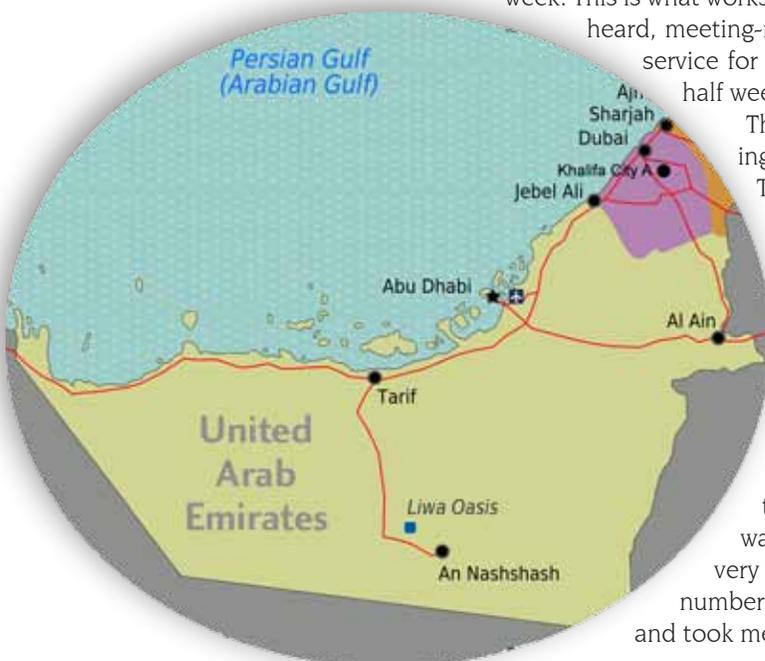
Yo! My name is Chris, and I'm a grateful recovering addict of Narcotics Anonymous in Anchorage, Alaska! My clean date is 15 June 2010. I would like to thank God that I found the program of Narcotics Anonymous. I would like to thank our local NA newsletter editor and subcommittee for publishing a version of my story about my trip to Abu Dhabi, and I would also like to thank *The NA Way Magazine* for inquiring about the story.

My experience in Narcotics Anonymous has been great. The NA community here is just awesome, and our predecessors and the addicts who are here now have shown me and continue to show me that there is a new way to live and that this is a beautiful program. I don't know why, but when I came into the program I thought NA was small, and something only going on here in Anchorage. Being here in Alaska, we are kind of isolated from the rest of the world, or it can feel like that at times. I had the great experience of going to the NA World Convention in San Diego in 2011. I had heard about how awesome it was and how many addicts from around the world I would see. At about 15 months clean, I got to see at WCNA that this program is working in the lives of many addicts, all around the world, and that it works if you work it.

In February 2013, I was blessed with the opportunity to travel with my sister and niece to Abu Dhabi to visit my father. I did my research before I left to see what meetings I could attend while on my trip. My visit was almost three weeks long, and it was jam-packed with visiting family, shopping, sightseeing, traveling to Dubai, and spending time with my father whom I have not seen in almost five years. I was, however, determined to make it to at least one meeting while on my trip. I was definitely in need of a meeting! You see, back here in Anchorage, I still attend at least five meetings per week. This is what works for me; it is a part of my routine and, from what I've seen and heard, meeting-makers make it. I am very involved with my home group and service for Narcotics Anonymous, so I am not used to going two and a half weeks without a meeting.

Through the [United Arab Emirates NA website](#), I found meetings in Abu Dhabi on Sunday, Tuesday, and Friday nights. The Tuesday before I was to fly back to Alaska, I had been staying in Khalifa City A, which is about 27 km (or 16.77 miles) outside of Abu Dhabi. I looked up the meeting location on a map and took a 20-minute taxi ride into the city, which cost me 50 dirhams (\$13.61).

When I got to the location where I thought the meeting was, I found myself outside in the middle of a church square, but I couldn't find the meeting. It was about 8:55 pm—almost time for the meeting to start. I called the local NA phoneline and spoke to a member who was in Dubai at the time, so he gave me another addict's number. I called, but was not able to reach this other member, so I called back the very helpful phoneline volunteer, who texted me three more phone numbers. I was then able to reach a member at the meeting who came and took me to the meeting.



I met some amazing people at the meeting from Ireland, Egypt, Canada, and the UAE. The meeting was spoken mostly in English, with one member who shared in Arabic, and then halfway through her share she broke into English. We all chatted after the meeting and talked more outside. The guy who got me to the meeting gave two other addicts and me a ride. Two of us were dropped off at the bus transit center, and she made sure I got on the right bus back home. I cannot express how at home I felt with the addicts I met in Abu Dhabi. It was like I never left Anchorage.

I would like to give thanks to anyone who does service in Narcotics Anonymous. Addicts like the member who answered that phonenumber show me that I need to continue doing service, so that I can help others just like I was helped. I am on the public information committee here in Anchorage, and I already had much love for the service we provide, but my love grew with this experience and it really showed me that I can go almost anywhere in the world and reach out to an addict to find a meeting. As an addict

before me said, "This is a love story—and I continue to fall in love with this new way of life, more and more every day.

Chris M, Alaska, USA

Service strengthens

My story is one that only dreams are made of. When I first came into recovery, I didn't grasp the concept of "others"; it was all about me, myself, and I. Likewise, I didn't comprehend "service." Service was something that someone else did, right? It was still all about me, myself, and I. I thought, "I am not yet ready for service; I'm too early in recovery." The truth I know now: Service makes me more ready and more able to do whatever it is I need to do.

So, I did tea and coffee at meetings, and then I was involved in starting a new meeting. After that, I joined the phonenumber subcommittee, and then I became GSR of the meeting I helped start. Today, I am chair of the phonenumber subcommittee.

As I am writing this, I cannot believe this is me. I never thought I would be able to stop using drugs, lose the desire to use, and discover a new way of life. What I knew for sure was that I'd be doing the same thing until the day I died: using drugs.

As I am writing this, I cannot believe this is me—anxious, shy, awkward me, who hates being the center of attention and is no leader. But today, the blessings I have are indescribable. I know and comprehend that it's not about me; it's about others, so I can be anything I need to be.

For today, I know and comprehend it's not about me. It's about others—sharing with others the gift of recovery.

Lindie P, Cape Town, South Africa

Asking for help

My recovery begins with the week I got clean, which was 8 February 2011; my best friend had recently gotten into recovery and managed to talk me into going to an NA meeting. That first meeting was full of many NA members who all cheered for me and gave me hugs and phone numbers and welcomed me "home." On the morning before that meeting, I remember deciding I would just live life alone with no friends, since all my friends used. Literally minutes later, I found a whole new family in Narcotics Anonymous. I started going to an intensive outpatient treatment program shortly after that, and learned that I actually have a disease and that it's not my fault!

I do most of the suggestions I hear at meetings. The first thing I did was get a bunch of phone numbers and call a few people, mainly trying to find the sponsor who was right for me. Mary (name changed to protect privacy) and I discussed it a few times until it became final. My first assignment was to call her every day, and to call two people on my phone lists every day. I made some new friends that way.

One of the biggest moments in my recovery was when I took my three young children to the Sun Lakes campout. I was so stressed out with my little one that I was about to leave, when my sponsor, in the campsite next to me, informed me that I needed to "learn to ask for help!" It sounds much easier than it is, because I had to admit that I couldn't do it all by myself. After that, everybody helped me with my kids and I learned that my NA community was my new family. We help each other out because that's what we have to do to stay clean. I still remember that day, and no matter how hard it was, I am thankful that I got to stay and learn what NA is all about. I love going to meetings. I mostly go to the "nooners" on weekdays so I have the opportunity to be there without my kids, although I've taken them with me to meetings and they like to go.

I started my First Step after my sponsor had me read all the NA literature, and since I noticed that *all* the books were written just for *me*, I was excited to



Washboard, Tim S, Kansas, USA

work the steps. I finished my First Step by the time I had six months clean, and my sponsor sat down and listened to me read it. I love what I learn in NA, especially when I learn what I don't know that I thought I did.

Melissa C, Washington, USA

When in Rome

I had to go to a meeting. I had been touring Italy for two weeks and I had been detoxing off heavy prescription meds. I had to go see for myself what NA would be like in Italy—Rome, specifically—which was a bit different from the rest of the cities. My brother and I were staying our last three days on Via Veneto in a nice hotel (as Italy considers it), across from the US embassy. I told my brother I was going to find an NA meeting and go.

All our lives we had dreamed of going to Italy, the place we had heard our family was from so many times. We both finally had the means to go on a trip. We did three days in Rome and a tour of Rome, Florence, Venice, Naples, Sorrento, and some other cities whose names I can't recall. Oh, Capri! How can I forget the town where we found my mother's maiden name all over a street? The tour had dragged us from one end of the country to the other, and we saw everything there was to see, from the Bridge of Sighs to the ruins of Pompeii. Our brains were packed. So during our three-day stay in Rome, I was going to go to an NA meeting.

I went to www.na.org and searched for a meeting in Rome, Italy. I found it: open discussion, two miles from the hotel, started in two hours. I told my brother I'd be back and took off. The cab ride was interesting. The driver was listening to soccer and to me as well. I had learned that the more money I gave any cab driver, the better English they spoke. Down Via Veneto we went, up a hill, to the left, or *sinistra*, and then *destra*, right. I used my limited Italian vocabulary to get us there.

The building, like most, was Renaissance—1300s or 1400s style, large stucco blocks, oversized security bars

on the bottom, which I was told were originally put there to keep out those with the plague. And, like at any other NA meeting, there was a small gathering of people talking outside. The meeting was in the basement. Immediately I noticed that this was a multifellowship meeting place. It appeared from the announcement wall as you walked in that at least four different anonymous twelve-step programs met in this basement.

It smelled of donuts and the greatest coffee you could imagine. On the back shelf of the room there was a large panettone that looked homemade—basically a tall, donut-like cake that you pull strips off of with your hand like string cheese. Next to the cake was a pump pot of fine, perfectly pressed, tamped, and extracted espresso with espresso cups next to it. I loaded up a handful of this fine delicacy and headed to the center of the room.

“Excuse me; you want to share? I will interpret.”

There were about 15 people in the meeting. They were speaking Italian. I thought I was late, but it was explained that this was the AA meeting, and that in about 15 minutes they would start the NA meeting and many of the same people would stay. In between the meetings, I met a woman from the US who had moved there to teach English. She had been there six months and didn't know Italian, but tried to explain what was going on. Back at the incredible coffee bar, I noticed the electrical system in this basement of a 600-plus-year-old building. It was a 220-volt system, extremely Italian and very stylish. Being an electrician for so many years, I was intrigued. It was vividly colored and of high quality.

The meeting started. There was a table in the front where a lady sat and took notes. What was she writing? I had no idea, and it appeared you would not dare ask her. People started sharing in Italian. I noticed the folks looked like they were out of a fashion magazine—finely coiffed, dressed to the nines, leather shoes, slacks, sweaters. It was a like a fashion show. There was smoking, but not like in America. Every five minutes or so one person would have one cigarette,

and then stop. No chain smokers. There was also a dog in the meeting. In most of Italy, dogs are sacred and welcomed everywhere, so this was no surprise, but the rate at which people smoked was very intriguing to me.

I didn't understand a word of what was being said, and I needed to share. After eleven years clean I had relapsed and I was in a tailspin of short stints of cleantime. A guy behind me asked, “Excuse me; you want to share? I will interpret.” “Okay,” I said. I spoke about my problem trying to get clean again, my dream trip to Italy, and how I was grateful to be in a meeting in another country.

People acknowledged, and the meeting went on. My friend behind me explained what was being shared: This man is worried he won't be able to afford Christmas because of his addiction. This lady is concerned for her husband who

cannot stop, etc. I was very lucky this man was in the meeting.

The end came. I was asked to go to the front of the room and I was given a white chip. “You keep coming back,” said the lady in the front, the note taker. I tried to get a look in her book. Nothing doing. She guarded the book and blocked my view. Secret info for sure. The people were so nice, coming up to me, hugging me. I felt extremely welcomed. I went to the back of the room, got more coffee and cake, and talked with the guy who interpreted for me about the differences between our countries and cultures. He said he had lived in Los Angeles for a couple of years, had attended NA there, and was familiar with NA and both cultures.

Then they invited me to a house party of a few NA members in the hills of Tuscany. I wanted to go, but nobody could take me home after the party. I explained I had to get back to my brother, who by now must have felt widowed, but I told them how much I appreciated the fellowship and how loving and welcoming everyone was. I walked back to the hotel and told my brother what I had experienced. I found out that there are

only a handful of meetings, maybe 32, in the whole country. My area has about four times that many. I did not stay clean from that white chip; it took a couple more years to get traction coming back, but I will never forget my experience of Narcotics Anonymous in Rome.

Solo por oggi. Just for today, I am grateful. Thanks!!

Ron K, Florida, USA

Reprinted from

Just for Today on the Bay, Bay Area

Beyond my wildest dreams

My first NA World Convention was at San Antonio, Texas, with 10,000-plus recovering addicts, but I was all alone with 25 days clean, not knowing what to do or for what reason was I there. I was feeling very lonely and wanted to turn around, get on the first plane available, and run back home. I was sitting outside, smoking a cigarette, weeping, and wondering what the hell I had signed up for. Some members noticed me and asked if I was okay. I replied, "No," and shared with them what I was feeling. They embraced me, took me under their wing, told me I was in the right place and that NA also means "never alone." A warm and welcoming feeling came over me.

I was then introduced to a host of new friends who are still a part of my network and journey today. They shared with me how this program works for them and how I could apply it in my recovery. I took their suggestions and started to attend workshops and speaker meetings that pertained to my recovery. As I applied myself, I started to get the hang of it; from that point on I was on a roll and clarity started sinking in. My spirit felt calmed, and I was overwhelmed with people hugging and greeting each other, exchanging numbers, taking group pictures, having fun, and just enjoying the atmosphere. I jumped on board their ship because I wanted to feel those feelings.

It was revealed to me that God has a plan for me to take Bermuda's recovery

to another level. At that time I didn't know what they were talking about, nor did I try to figure it out. My most memorable workshop was called "The Newcomer." One of the speakers was among those with the most cleantime in our Fellowship. I met him when the workshop ended. I shared with him where I was in my recovery and what little knowledge I had of NA. I was told to keep coming back and to stick around and become a miracle like others have. He also signed my Basic Text where his story is in the book. How profound is that?

The banquet, cleantime count, and geographical countdown were unbelievable. The equivalent of almost one-fourth of the population of Bermuda was gathered in that banquet hall. The hype, excitement, and noise have never left me. I learned about the pink cloud, and I couldn't wait to get back home to share my experiences. Shyly, I started to implement changes in my home group, Keeping It Real. The group members embraced the new ideas without hesitation because they recognized the new me and they wanted what I was feeling.

Not too long ago, a light bulb went off and my HP put it in my spirit to have a group conscience meeting and invite my home group to attend the World Convention in Philadelphia. Everyone able to attend was excited! We set up a savings account and made it happen, and what a wonderful time we had.

What about Rio? We can't wait!

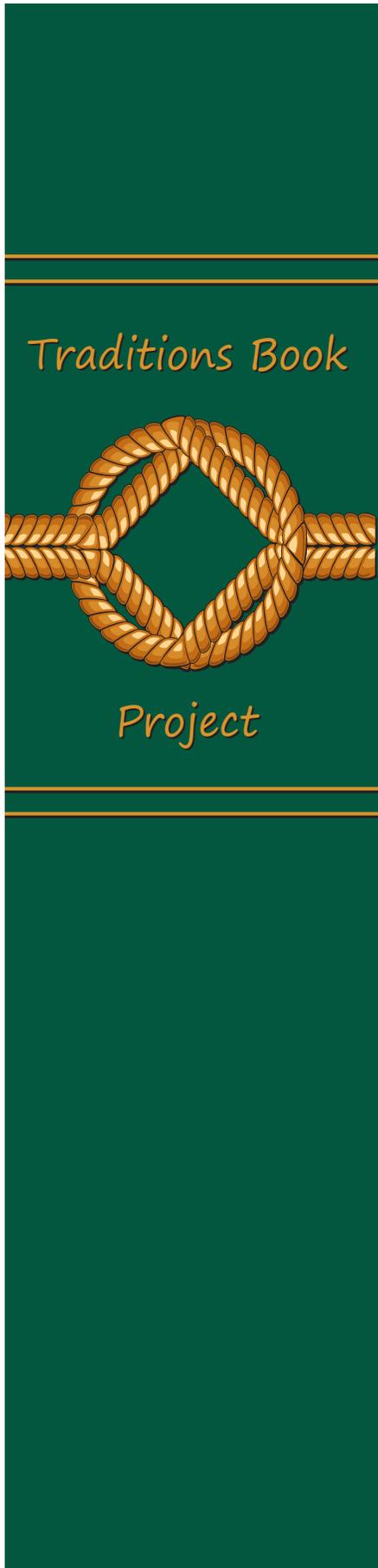
Our first home group meeting when we arrived home after WCNA 35 was an open meeting (normally we do step work). We were still buzzing and couldn't let go of our feelings because it was most of the members' first World Convention. What a joy and blessing it was for me to see them rejuvenated and sharing about their experiences! The question has been asked by all who attended: What about Rio? We can't wait!

Never in my wildest dreams did I know, six years earlier, what God's plan was for me as long as I was willing to stick and stay. Thank you, Higher Power, Philadelphia NA, NA World Services, sponsors, friends, and family, for allowing dreams to come true.

Vernice F, Warwick, Bermuda



Street Sign, Conor H, Dublin, Ireland



Traditions Book Project

Small Group Input Gathering

The Traditions Book Project was approved at the 2012 World Service Conference as a two-cycle project spanning 2012 to 2016. According to the approved project plan, the 2012–2014 cycle will focus on gathering material, input, and ideas about what the Fellowship would find most useful for guidance on the Traditions; and the 2014–2016 cycle will focus on drafting the book, conducting Fellowship review and input, and then developing the approval draft for consideration at WSC 2016.

We're excited that we've received input from many area and regional workshops so far. To make it easier for even more members to get involved, we developed this shorter workshop format—and we're including it in the January and July *NA Way Magazine* to make it even more accessible.

These group-focused discussion starters can spark interesting conversations and give home groups and individual members a chance to participate and share their experience, strength, and hope. These questions will help begin that discussion, and if your group has input beyond the scope of these questions—we welcome and encourage that, too!

OK, Great! Where Do We Begin?

Choose a trusted servant or two to help facilitate the discussion. It will help to read over these materials first and plan the mini-workshop carefully to have things go as smoothly as possible. Each workshop focuses on one Tradition—the group can choose which Tradition to discuss, or they can ask the facilitator to decide. Each workshop outline includes a brief explanatory note based on our literature, and discussion questions. It may be useful to have copies of the Basic Text, *It Works: How and Why*, and the Traditions summary sheet available, too.

These outlines are geared toward a 20-minute group discussion, but feel free to adapt the material in whatever way works best. Run as many or as few workshops as you'd like; you might even want to do a Tradition a month throughout 2014. And do them when it works for you—before or after a meeting, with your sponsees, as part of a GSF meeting, or before/after a service committee meeting. You may have someone take notes on the discussion or save time at the end for individual members to write their own thoughts.

Send the input all together as a group, or each member can send their thoughts individually. If you want to make it simple, take a picture of your handwritten notes with your phone and send it to us at worldboard@na.org. (Try to make it legible, please!) Outlines for these mini workshops on each Tradition are available at www.na.org/traditions.

Having the Discussions: A Suggested Format

These workshops are meant for a 20-minute discussion, but you can have shorter or longer conversations based on your group's wishes. The questions are meant simply as a starting point. We hope your discussions are energetic and inspiring, and that you challenge each other to see the Traditions in ways you didn't before.

- ◆ Choose which Tradition to discuss.
- ◆ Begin with a moment of silence and the Serenity Prayer or another prayer of the group's choice.
- ◆ Assign a member to take notes, and have her/him capture the unique experiences and ideas members share—not just a list of spiritual principles or literature quotes.
- ◆ Have a member read the Tradition and the explanatory note from the workshop format and have another member read the excerpt from the Twelve Traditions summary sheet.
- ◆ Have another member read additional paragraphs from NA literature, if desired.
- ◆ Choose a discussion question—or, skip the question and just talk!
- ◆ Have as many members as possible share their experience and ideas. The facilitator can ask members to clarify or expand on thoughts, but try to allow everyone to share before debating interpretations.
- ◆ Try to end your discussion at the agreed-upon time. If members still have energy for more discussion, feel free to keep going, move on to another question, or continue the conversation at the “meeting after the meeting.”
- ◆ Snap pictures of your note sheets with your phone and send them to us at worldboard@na.org, or go to www.na.org/traditions and fill out a questionnaire. You can also mail note sheets to NA World Services; PO Box 9999; Van Nuys, CA 91409

Outlines for these mini workshops
on each Tradition are available at

www.na.org/traditions.

We welcome your feedback and ideas at

worldboard@na.org.

Thanks for participating!

Tradition One

*Our common welfare should come first;
personal recovery depends on NA unity.*

• • • • •

One way to look at placing our common welfare first is to say that each of us is equally responsible for NA's well-being. As each individual member relies on the support of the Fellowship for survival, so NA's survival depends on its members.

Discussion Questions

- ◆ How does my personal recovery depend on NA unity?
- ◆ How do we practice unity when we disagree on something important?
- ◆ As a member, what are my responsibilities to NA? What are a group or service body's responsibilities to NA?
- ◆ What's most significant to me about Tradition One?

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.*

• • • • •

If we are to find guidance from an ultimate authority, we need to find means of hearing that guidance together. The mechanism we use is group conscience. Group conscience can be thought of in much the same way as personal conscience. Group conscience reflects a collective awareness of, understanding of, and surrender to spiritual principles.

Discussion Questions

- ◆ What is group conscience?
- ◆ What is the difference between leadership and governing?
- ◆ How do we invite that ultimate authority into our process, and how do we recognize it when it's there?
- ◆ What's most significant to me about Tradition Two?

Tradition Three

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

•••••

The Third Tradition helps us grow by encouraging us to welcome others. Membership is a personal decision reached by each individual. Our task is to fan the flame of desire, not dampen it. The wording of the Third Tradition reflects the broad focus of our First Step.

Discussion Questions

- ◆ How has my group made members feel more welcome? Less welcome? How have I personally done so?
- ◆ Can a group decide who can be a member?
- ◆ How does this Tradition support our common welfare?
- ◆ What's most significant to me about Tradition Three?

Tradition Four

Each group should be autonomous, except in matters affecting other groups or NA as a whole.

•••••

Autonomy gives groups the creative freedom to find individual ways to carry the message and every group has a niche to fill both in the Fellowship as a whole and in the local NA community. But autonomy does not relieve groups of their obligation to observe and apply the spiritual principles embodied in the Traditions.

Discussion Questions

- ◆ How do we know what affects NA as a whole?
- ◆ How do we find the balance between autonomy and responsibility?
- ◆ Why are autonomy and creative freedom so important in Narcotics Anonymous?
- ◆ What's most significant to me about Tradition Four?

Tradition Five

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

•••••

The Fifth Tradition asks us to practice integrity by keeping our purpose foremost. When all is said and done, our primary purpose can only be to carry the message to the addict who still suffers because that is all we have to give.

Discussion Questions

- ◆ What can we do to further our primary purpose—as individuals, groups, service bodies?
- ◆ What is an atmosphere of recovery, and how can we foster it?
- ◆ What distracts us from our primary purpose? How do we recognize that we're distracted?
- ◆ What's most significant to me about Tradition Five?

Tradition Six

An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.

•••••

By establishing boundaries, the Sixth Tradition helps our groups avoid some of the problems that commonly arise between organizations. By helping our groups avoid such problems, Tradition Six allows us to devote all our energy to carrying a clear NA message to addicts seeking recovery.

Discussion Questions

- ◆ What is the difference between cooperation and endorsement or affiliation?
- ◆ At what point could a cooperative relationship begin to blur into affiliation or endorsement?
- ◆ What kind of conflicts might we run into with outside enterprises, and how can we address those disagreements?
- ◆ What's most significant to me about Tradition Six?



The Twelve Traditions of NA

First Tradition

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

Our First Tradition concerns unity and our common welfare. One of the most important things about our new way of life is being a part of a group of addicts seeking recovery. Our survival is directly related to the survival of the group and the Fellowship. To maintain unity within NA, it is imperative that the group remain stable, or the entire Fellowship perishes and the individual dies.

Second Tradition

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.

Our direction in service comes from a God of our understanding, whether we serve as individuals, as a group, or as a service board or committee. Whenever we come together, we seek the presence and guidance of this loving Higher Power. This direction then guides us through all our actions. [...] When we choose a member to serve us in some capacity, we exercise mutual trust.

Third Tradition

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

The Third Tradition encourages freedom from judgment. It leads us on the path of service toward an attitude of helpfulness, acceptance, and unconditional love. [...] Addiction is a deadly disease. We know that addicts who don't find recovery can expect nothing better than jails, institutions, and death. Refusing admission to any addict, even one who comes merely out of curiosity may be a death sentence for that addict.

Fourth Tradition

Each group should be autonomous except in matters affecting other groups or NA as a whole.

Each group does have complete freedom, except when their actions affect other groups or NA as a whole. If we check to make sure that our actions are clearly within the bounds of our traditions; if we do not dictate to other groups, or force anything upon them; and if we consider the consequences of our action ahead of time, then all will be well.

Fifth Tradition

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

What is our message? The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom. When all is said and done, our primary purpose can only be to carry the message to the addict who still suffers because that is all we have to give.

Sixth Tradition

An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.

Within the limits established by Tradition Six, we have tremendous freedom to carry the message of recovery and help other addicts. We have clear boundaries set by our identity as Narcotics Anonymous. When we take care to observe those boundaries, our outside relationships enhance our ability to carry the message to the addict who still suffers rather than diverting us from our primary purpose.

Seventh Tradition

Every NA group ought to be fully self-supporting, declining outside contributions.

By encouraging our group to pay its own way, the Seventh Tradition gives our group the freedom to share its recovery as it sees fit, not obligated to outside contributors. Further, it gives our group the freedom that comes from inner strength, the strength that develops through applying spiritual principles.

Eighth Tradition

Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

In this tradition we say that we have no professionals. By this, we mean we have no staff psychiatrists, doctors, lawyers, or counselors. Our program works by one addict helping another. If we employ professionals in NA groups, we would destroy our unity. We are simply addicts of equal status freely helping one another.

Ninth Tradition

NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

NA groups join together, combining their resources to create service boards and committees that will help them better fulfill their primary purpose. Those boards and committees are not called to govern NA; they are called, rather, to faithfully execute the trust given them by the groups they serve.

Tenth Tradition

Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.

There are a great number of addiction-related issues that others might expect a worldwide society of recovering drug addicts to take positions on. [...] Our answer, according to Tradition Ten, is that our groups and our fellowship take no position, pro or con, on any issues except the NA program itself. [...] For our own survival, we have no opinion on outside issues.

Eleventh Tradition

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

The existence of a public relations "policy" implies the importance of a public relations "program" in carrying out our fellowship's primary purpose. [...] As NA groups, service boards, and committees, we deliberately and energetically cultivate good public relations, not as an incidental result of our normal activity but as a way to better carry our message to addicts. [...] Public anonymity helps keep the focus of our public relations on the NA message, not the PI workers involved.

Twelfth Tradition

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Anonymity is one of the basic elements of our recovery and it pervades our Traditions and our Fellowship. It protects us from our own defects of character and renders personalities and their differences powerless. Anonymity in action makes it impossible for personalities to come before principles.

Public Relations

NA relates to the public—nonaddicts—in many ways. Sometimes local PR committees use poster drives and billboards to make the community aware that NA is an available resource for addicts. In other PR committees, members provide presentations about NA to treatment professionals, hospital emergency department staff, and high schools. In still others, PR committees participate in statewide conferences for drug courts, corrections, and health fairs. Some of you reading this may realize that “our PR committee does all of these services,” which is great. Service is a wonderful way to show the value of NA for addicts seeking recovery and for nonaddicts who may have a loved one suffering from the disease of addiction.

An aspect of PR service is maintaining relationships with professionals who work with addicts. Many of these professionals may be unaware of NA and/or may have misperceptions of NA, like that NA is only for heroin addicts. Yes, even in 2013, our name continues to be confusing or misleading for some. Fortunately, we have the [NA Membership Survey](#), which helps clarify that NA is for all addicts regardless of drugs used. Professionals in the treatment, judicial, and healthcare fields can be our friends. These friends will inform their colleagues about NA and about our effectiveness as a program of recovery for addicts. This was illustrated most recently at a conference in Macau (Republic of China). NA World Services attended the International Federation of Non-Government Organizations for the Prevention of Drug and Substance Abuse conference in October 2013, where two United Nations delegates spoke to the president of the conference about the effectiveness of NA. Presently, the therapeutic communities in Macau are looking to add NA meetings for their clients.

We never know when these professional relations will help the suffering addict or exactly how long it will take to see the results of our efforts, yet we continue to provide positive service to those we meet. In fact, Indonesia mirrors Macau. In 2012, NA World Services attended the World Federation of Therapeutic Communities conference in Bali, Indonesia. NA was afforded the privilege of four meetings with the Indonesian director of rehabilitation and the general who oversees such matters in Indonesia. They had many questions about NA, as they were considering adding NA meetings to their aftercare programs throughout the country. A year later, these NA meetings are beginning to happen. Imagine just how many addicts will have the opportunity to hear a message of recovery.

NA World Services also hosted two professional PR panels at WCNA 35 in Philadelphia in September 2013. One panel featured treatment professionals including the State of Pennsylvania Secretary for Addiction Services. The second panel’s focus was corrections, with professionals from California, Pennsylvania, and New York.

Through the relationships cultivated with corrections professionals by H&I trusted servants, the Unity Day call (held during the closing meeting of WCNA 35) provided a message of recovery to addicts housed in 101 institutions. This year’s call included several firsts: a correctional facility from outside of North America (the United Kingdom), a federal penitentiary, and a juvenile detention facility. It was also the first time there were 101 institutions with an estimated 15,000 addicts participating in the Unity Day call. In fact, there were more addicts hearing the message via call-in than were physically present in the closing meeting audience (some 12,000). With the total number present and on the call, this Unity Day meeting is believed to have been the largest NA meeting ever held anywhere!

Public relations service efforts do matter, and they help to carry our message of recovery. Often, though, it is through tireless efforts of trusted servants and time (a year or so later) that we hear how PR service helped to carry the message.



WCNA 35 PR Forum

...we must energetically seek to carry our message throughout our cities, towns, and villages. ...We must take vigorous steps to make our program widely known. The better and broader our public relations, the better we will be able to serve.

It Works: How and Why, Tradition Eleven

Fellowship Development:

Collaboration

In this ongoing series, we're exploring the many ways NA is growing and changing worldwide. Fellowship development isn't just something that happens in "other" countries. Fellowship development opportunities are everywhere in NA, and our members and service bodies continually work to fulfill our primary purpose. In this and future issues of *The NA Way*, we'll share the FD experiences (like those listed below) of NA communities around the world and around the corner.

- NA communities strengthen their relationships with statewide healthcare, addiction treatment, and criminal justice agencies.
- Area and regional service committees organize their meetings to include regular service training for local members.
- Multiple NA communities and service bodies collaborate to establish, develop, and strengthen new and emerging NA communities.
- NA members support geographically remote or struggling meetings.
- Neighboring service bodies identify duplication of services and collaborate to more effectively use their resources and broaden their efforts.
- Home groups regularly assess and improve their meeting's atmosphere of recovery.
- Service bodies explore and implement innovative ways to interact with local NA members and groups.

This is just a sampling of the ways NA communities are contributing to NA's fellowship development. In this issue, we're continuing our coverage of innovation in the Minnesota Region, relationship cultivation in Georgia, and growth and development on the African continent.

Please tell us about your NA community's FD experiences, ideas, and successes so that we can share them with the rest of the fellowship here in *The NA Way Magazine*. Write to us at naway@na.org.

**Narcotics
Anonymous
Minnesota Region**



"Minnovations"

Editor's note: This is the second of a multi-part series initiated in the October 2013 issue that covers some of the Minnesota Region's fellowship development efforts.

Once the committee system was jettisoned in the course of our region's restructuring, and project ideas began flowing into the region, the annual assembly was also the place where priorities were assigned. Top priorities were improving meeting list accuracy and accessibility, improving our web presence, and providing more service opportunities for our members. Critical consolidations took place to realize these highest priorities.

Because the region wants more accurate meeting lists, Minnesota turned to the Basic Meeting List Toolbox as its sole database, able to generate a multiplicity of meeting list types for areas, geographies, common needs, and more. The region created a project team to manage and update the data all in one place—a service benefiting members,

groups, areas, NAWS, and the public alike. A centralized meeting database makes syncing with NAWS a snap.

Another example of doing more with less, despite the limited human resources at hand, is that NA Minnesota wanted to offer our members another opportunity to engage in service—sponsoring addicts behind the walls. Instead of duplicating the staffing and infrastructure such an effort would require here in Minnesota, we reached out to the H&I Committee of Santa Cruz with a collaboration proposal. Their Sponsorship Behind the Walls Subcommittee welcomed Minnesota members to serve on their California subcommittee, receiving mail from inmates and providing that critical one-on-one sponsorship we all benefit from. Surprisingly, within four days of this collaboration being agreed to by the region, NA Minnesota received an inquiry from the Minnesota Department of Corrections asking how their “guests” can sign up for sponsors. As with so many of our efforts, no committee attendance is required.

Here’s yet another innovation. A local member said, “NA.org has a perfectly fine set of locally developed resources. What we lack is making the human connection to these best practices. It’s often the case that people need someone to hold their hand in making change work for their local needs, their unique set of challenges.”

NA Minnesota recently unveiled “Collaboration Junction” (aka The Service Lab) which hopes to connect members with hands-on experience with other members across area, regional, and international boundaries who are hoping to implement locally appropriate innovation. The space is organized so that willing members can list their particular service skills or know-how. Perhaps it’s using shared collaboration tools on the web, or setting up 501(c)3 status for a convention committee, or creating graphically enhanced flyer templates, or generating newsletters, or setting up a sponsorship behind the walls program, or moving to consensus-based decision making, or any other idea. Collaboration Junction allows one to list her/his expertise or skill and contact information. Other members from anywhere looking

to innovate can browse existing listings on Collaboration Junction and find real, live members ready and willing to collaborate.

Our successful innovative changes grew out of the Third Step, which invites us each day to reconsider tomorrow’s dreams and yesterday’s decisions. The opposite of putting our will and our lives into the care of the god of our understanding is to continue to do things the way we’ve always done them as though nothing at all has changed, as though yesterday’s solutions are correct and appropriate for today’s problems. The Third Step invites us to avoid staying stuck in yesterday.

Through more effective use of our precious resources of time, technology, people, and money, it is our belief that more lives have been brought closer to the freedom our program has to offer.

Monte J, *Regional Delegate,*
Minnesota, USA

Area, region, and world collaboration

The Georgia Region Public Relations Committee was invited to take part in the Seventh Annual Georgia School of Addiction Studies Conference, 26-30 August 2013. This was the third year Narcotics Anonymous has been invited to be represented at the conference, which is attended by professional therapists, counselors, and others in the treatment field who are seeking to broaden their treatment knowledge base and continuing education credits.

The Georgia Region collaborated with NA World Services and the Savannah Low Country Area Service Committee to provide the display booth. NAWS provided literature such as *An Introductory Guide to Narcotics Anonymous*, *The Narcotics Anonymous Step Working Guides*, and *In Times of Illness*. The Georgia Region PR Committee provided numerous informational pamphlets in both English and Spanish, and the Savannah Low Country Area Service

Committee provided local area meeting schedules.

The most important aspect of the NA display is that there is a Fellowship member available throughout the event to interact one-on-one with the therapists and counselors. This allows NA members to answer questions or to correct any misinformation attendees may have regarding NA or our program. The Savannah Low Country PR Committee ensures that the NA display is manned at all times and that the Fellowship members at the booth can provide accurate NA information. Different groups in the area also provide an open NA meeting each night in the conference facility, so the professionals attending the conference are also encouraged to attend these meetings.

NA is the only twelve-step fellowship with a display at the conference that provides face-to-face contact with those working in treatment, so their questions regarding NA and the NA program can be answered directly.

The Georgia Region Public Relations Committee and Savannah Low Country Area are looking forward to manning the NA display at the Eighth Georgia School of Addiction Studies Conference in 2014.

Mary Ellen W,
Georgia Region PR Committee Chair

Shandra W, *Savannah Low Country*
PR Committee Chair

Calling All Newsletter Editors
and Committees

**Does your area or region
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The NA Way Magazine; PO Box 9999;
Van Nuys, CA 91409

Share or seek newsletter experience
on the discussion board:

<http://disc.na.org/servdisc>

First East Africa Convention of NA

Part two: The footwork

Editor's note: In the October 2013 NA Way Magazine, Imran began telling us about how he became involved in development of the First EACNA, how it has affected his personal recovery, and how the EACNA is contributing to NA's growth on the African continent.

Before anything else could happen, we needed to form a committee of local members, so at our next meeting I announced the need for volunteers. The NA community in Dar es Salaam was young, very small, and growing, with no real service structure yet. Service experience was minimal; however, there are always folks who want to give back what was freely given to them. So, two people volunteered, which, with me, made three willing recovering addicts. We were sent convention guidelines and we encouraged each other one day at a time. We now had a local chair, vice chair, and treasurer, and we asked our American friend to be our US representative, so with her, we were a convention committee of four. We were ready.

Our US rep created a group on a social media site and started to invite members we knew from the US to East Africa, and they, in turn, invited others. Today there are well over 1,300 members from all over the world. We sought, we prayed, and we asked only for knowledge of His will and the power to carry it out. Our first task was to create a T-shirt so that we could raise the funds needed to secure a venue. A member from Iran made a beautiful logo of an African man's head. We all loved it, voted on it, and began to build around this. Members from East Africa voted to name the convention "Free at Last." Due to electronic difficulties, communication with the member from Iran stopped, but a member from California volunteered his service for the T-shirt design (and continued to help through the whole convention).

With more and more members stepping up, soon we had our T-shirts printed and, within a period of 24 hours, \$1,200.00 worth of t-shirts were sold—tangible evidence of the impact of recovering addicts being of service to the greater good. We cried, we cyber-hugged, and jumped up for joy! The love was pouring in from as far away as Russia. We were seeing the flow of life energy from one person to another; the spirit of love that we express in NA is the most powerful thing we have, and we were witnesses to the outpouring.

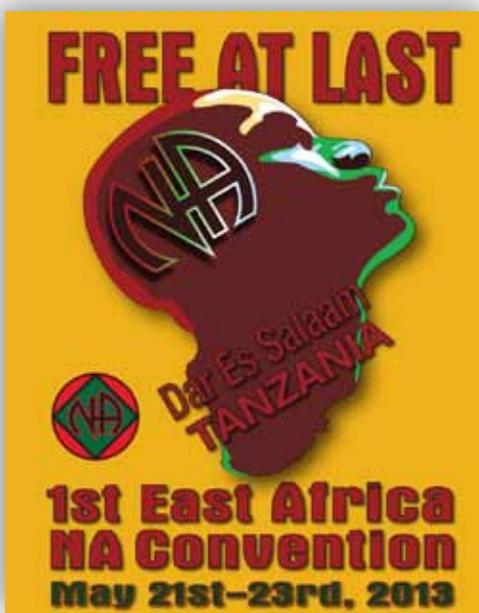
Armed with motivation, desire, and stick-to-itiveness, we created a website, and now, with money in hand, our committee set out to find a local venue. We visited many local hotels. With each vendor and official we met, we provided information about NA and explained how our program helps addicts find a new way of life. After considering many possibilities, we ended up getting a fair rate that was all-inclusive—another hope shot, fuel to propel us forward on our journey—once we had a venue, we wrote to NA World Services and asked if we could announce the First East Africa Convention of NA in Tanzania. It was no longer a dream; it was real. We were so excited to see "Tanzania" in print in the online calendar at www.na.org/events and in *The NA Way Magazine*.

We had the venue secured and needed to get members to come and fill those rooms, so we set about this task. One day at a time, one foot at a time, one inch at a time. It was slow going at first, but as a result of members reaching out from all over the world to buy T-shirts (and since this was such a success, we also began selling hoodies), they became interested and started to ask more about what it would take to get there.

Our first fundraiser was more than a hit; it was a life-changing event for many who were there, and we were able to pay for the rest of the venue, some unexpected travel costs, and money to order more T-shirts and hoodies. We created a website to share information about our convention, and we felt the unity with NA around the world. The journey continues...

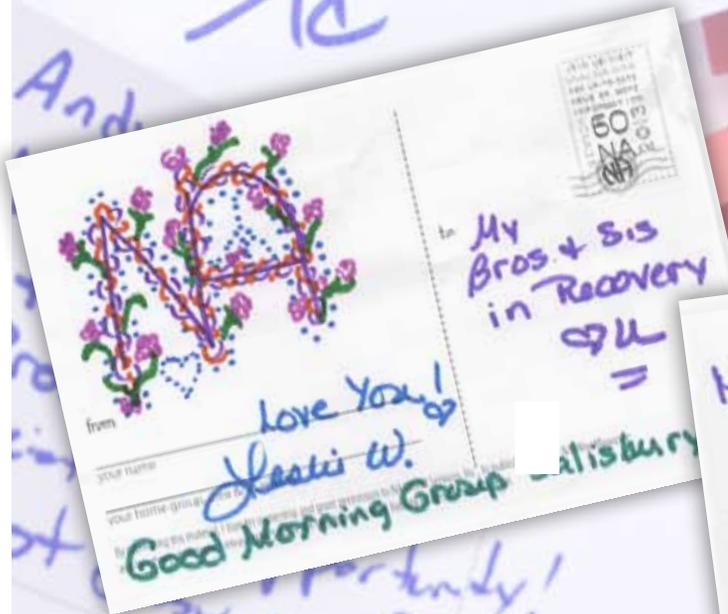
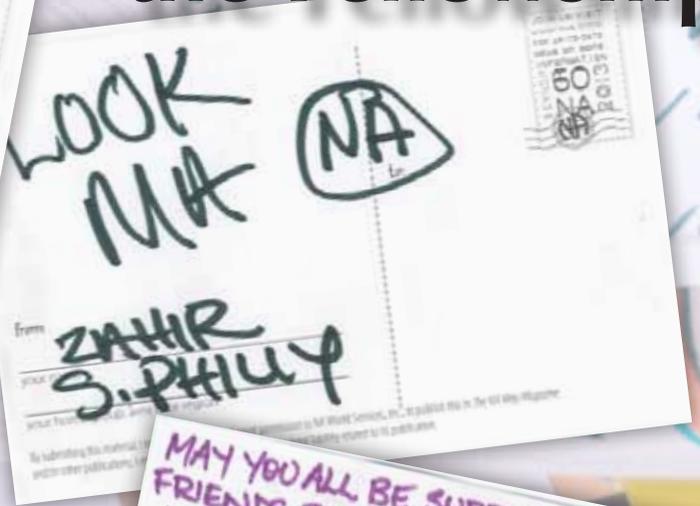
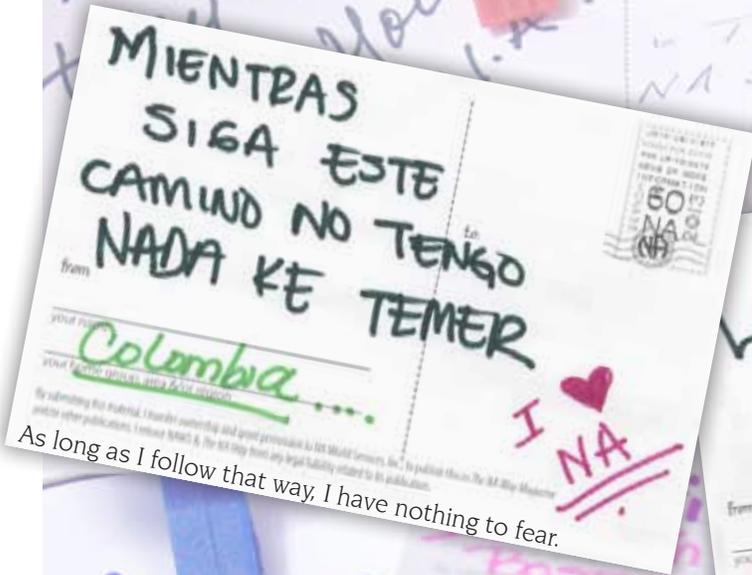
Imran K, Dar es Salaam, Tanzania

Please tell us about your NA community's FD experiences, ideas, and successes so that we can share them with the rest of the fellowship here in *The NA Way Magazine*. Write to us at naway@na.org.



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can click here for additional content.

Postcards from the Fellowship



Electronic subscribers can click here for additional content.



CALENDAR

Multi-day events and those occurring between publication dates are printed according to the schedule posted online. To enter events or to access event details, visit the online calendar at www.na.org/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.)

Argentina

Mar Del Plata 11-13 Apr; Area Mar Del Plata Convention 9; Gran Hotel Santa Teresita, Mar Del Plata; www.facebook.com/convencionna.mdq

Australia

South Australia 24-26 Jan; South Australian Area Convention; SA Sea Rescue Squadron, Adelaide; www.na.org/au

Bangladesh

Potoukhali 31 Jan-2 Feb; Dhaka Area Convention 2; Porjoton Motel-Kuakata, Potoukhali; www.nadhaka.org

Brazil

São Paulo 27-30 Mar; HOW Brazil Regional Convention 2; Hotel Grimberg S Village, Socorro São Paulo; Event Info: 5501991006148

Canada

British Columbia 4-6 Apr; British Columbia Regional Convention; Executive Plaza Hotel, Coquitlam; www.canaacna.org

Ontario 14-16 Feb; Toronto Area Convention 8; Downtown Toronto Marriot Eaton Centre, Toronto; www.torontonaconvention.org

Quebec 14-16 Mar; Quebec Regional Youth Convention 18; Sheraton Montreal Airport, Montreal; www.naquebec.org

India

Delhi 16-18 Jan; Delhi Area Convention 11; The Wild Crest (Jim Corbett), New Delhi; speaker tape submission deadline: 10 Jan; www.nadelhi.org

Tamil Nadu 20-22 Feb; Chennai Area Convention 5; Sterling Holidays Resort, Kodaikanal; speaker tape submission deadline: 31 Jan; <http://www.chacna.org/>

Indonesia

Bali 11-12 Jan; Balinese Russian-Language Convention; Raya Uluwatu, Bali; www.bali-na.ru

Nepal

Kathmandu 7-9 Feb; Nepal Regional Convention 4; Hotel Madhuvan Nagarkot, Kathmandu; www.nakathmandu.org/events.php

New Zealand

Bluff 7-9 Mar; Invercargill Group Lighten the Load; Omaui, Bluff; www.nzna.org/

Rotorua 14-16 Mar; Rotorua Tuesday Night in All Our Affairs Group; Waitapu Forest Camp, Rotorua; www.nzna.org

Norway

Trysil 12-16 Mar; Trysil Group Ski & Recovery 8; Trysil; www.nanorge.org

Philippines

Cebu City 21-23 Feb; Philippines Regional Convention 19; Saint Mark's Hotel, Cebu City; www.napilipinas.org

Thailand

Chiang Mai 14-16 Feb; Thailand Regional Convention 7; Centara Duangtawan Hotel, Chiang Mai; www.na-thailand.org

United States

Alabama 7-9 Feb; North Alabama Area Convention 18; Holiday Inn Downtown, Huntsville; www.alnwfl.org

2) 21-23 Mar; Greater Mobile Area Convention 17; Mobile Marriott, Mobile; speaker tape submission deadline: 15 Jan; www.alnwfl.org

Arizona 7-9 Feb; Arizona Men's Spiritual Retreat 2; Franciscan Renewal Center, Scottsdale; www.themensretreat.org

2) 7-9 Mar; Mexico Arizona California Convention 5; Shilo Inn, Yuma; www.maccna.org

California 17-19 Jan; San Fernando Valley Area Convention 19; Burbank Airport Marriott, Burbank; www.nasfv.com/index.html

2) 21-23 Feb; Central California Regional Convention 22; Marriott, Bakersfield; www.ccceinc.org

3) 14-16 Mar; Utah, California, Arizona, Nevada (UCAN) Women's Spiritual Retreat; Pierpont Inn, Ventura; Event Info: mommymyrna@gmail.com

Delaware 28-30 Mar; Small Wonder Area Convention 11; Doubletree by Hilton, Wilmington; www.swanadel.org

Florida 16-19 Jan; Palm Coast Area Spiritual Retreat 25; Gold Coast Camp, Lake Worth; www.palmcoastna.org

2) 11-13 Apr; Space Coast Area Convention; International Palms Resort, Cocoa Beach; Event Info: scconv@gmail.com

Georgia 27-30 Mar; Georgia Regional Convention 33; Atlanta Hilton Northeast, Norcross; www.grcna.org

Indiana 7-9 Mar; Indiana State Convention 21; Radisson Star Plaza, Merrillville; www.naindiana.org/events.php

Kansas 4-6 Apr; Mid-America Regional Convention 31; Ramada Inn, Salina; www.marscna.net

Maryland 17-19 Jan; Virginia Regional Convention 32; Clarion Hotel/Hager Hall Conference & Event Center, Hagerstown; www.avcna.org/html/avcna_committee.html

2) 11-13 Apr; Chesapeake & Potomac Regional Convention 28; Roland E Powell Convention Center, Ocean City; www.cprcna.org/28

Massachusetts 17-19 Jan; Boston Area Convention 16; Boston Park Plaza Hotel & Towers, Boston; www.nerna.org

2) 14-16 Mar; North East Massachusetts Area Convention; Burlington Marriott, Burlington; www.nerna.org/events

Minnesota 11-14 Apr; Minnesota Regional Convention 21; Doubletree, Minneapolis; www.naminnesota.org/mnnac

Missouri 7-9 Mar; Circle of Sisters 17; Saint Louis Union Station Hotel, Saint Louis; www.circleofsisters.org

Nebraska 21-23 Feb; Eastern Nebraska Area Close Encounters of the Clean Kind; Omaha Marriott, Omaha; www.eastern-nebraska-na.org

New York 17-19 Jan; Nassau Area Convention 11; Long Island Huntington Hilton, Melville; www.nacna.info

2) 13-16 Feb; Metro Area de Habla Hispana Convention 9; Crowne Plaza Hotel, White Plains; Event Info: 646.330.7382

3) 21-23 Feb; Rochester Area Convention 20; Radisson Hotel, Rochester; www.rochester-na.org

North Carolina 28 Feb-2 Mar; Freedom by the Sea Convention 13; Sea Trail Golf Resort/Convention Center, Sunset Beach; www.coastalcarolinaarea.org

Ohio 14-16 Feb; Toledo Area Convention 17; Ramada Hotel & Conference Center, Toledo; www.blascna.org

2) 28 Feb-2 Mar; Cleveland Legs Area Convention 11; Holiday Inn, Independence; www.nabuckeye.org

Pennsylvania 7-9 Feb; Mid-Atlantic Regional Conference 30; Lancaster Host Hotel, Lancaster; www.marscna.org

Rhode Island 14-16 Feb; Greater Providence Area Convention 7; Crowne Plaza, Warwick; www.gpana.org/index.htm

South Carolina 24-26 Jan; Upper South Carolina Area Convention 34; Greenville Marriott, Greenville; www.crna.org/events

2) 14-16 Feb; Greater Columbia Area RAW Convention 13; Hilton Head Marriott Resort & Spa, Hilton Head Island; www.crna.org/events

Texas 14-16 Feb; Texarkana Area Convention 29; Holiday Inn, Tyler; www.texarkanaareaofnarcoticsanonymous.org

Utah 28-30 Mar; North by Northwest Area Las Vegas Dopes on Slopes 11; www.nxnwana.org

Virginia 7-9 Mar; Tidewater Area Convention; Norfolk Waterside Marriott Hotel, Norfolk; www.tidewaterareana.org

Washington 6-9 Mar; Clean and Free by the Sea 32; Ocean Shores Convention Center, Ocean Shores; www.wnirna.org

Wisconsin 21-23 Feb; Greater Milwaukee Unity Convention 17; Sheraton Milwaukee Brookfield, Brookfield; www.namilwaukee.org

NAWS Product Update

2014 NAWS Calendar

The journey continues with this 13-month calendar (Dec 2013-Dec 2014) featuring NA lit quotes and unique artwork

Item No. 9500 Price US \$8.80

Special Bundles

30th Anniversary Basic Text & Timeline Mug

A special price for this Limited Edition Basic Text plus a Timeline Mug

BUNDLE: Item No. 1103B Price US \$45

Basic Text: Item No. 1103 Price US \$36.75 Mug: Item No. 9418 Price US \$16.50



Living Clean Numbered Edition & Living Clean Mug

BUNDLE: Item No. 1155B Price: US \$39

Living Clean: Item No. 1155 Price US \$33 Mug: Item No. 9417 Price US \$16.50



Just for Today Collector's Edition & 2014 Calendar

BUNDLE: Item No. 1115B Price: US \$35

JFT: Item No. 1115 Price US \$33 Calendar: Item No. 9500 Price US \$8.80





Chinese
致新成员

Item No. CH-3116 Price US \$0.24

Chinese (Traditional)

誰、什麼、如何、為何

Item No. CT-3101 Price US \$0.24

Korean

후원자 결연 개정판

Item No. KO-3111 Price US \$0.24

Portuguese (Brazil)

White Booklet

Livro branco

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a. Total printed copies	13,500	14,250
b. (1) Requested subscription—outside county	7,570	7,897
b. (4) Requested subscription—by other classes of mail	5,439	5,854
c. Total requested subscription	13,009	13,751
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e. Total free or nominal rate distribution	300	275
f. Total distribution	13,309	14,026
g. Copies not distributed (office uses)	191	224
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