

THE
NAWay
MAGAZINE®

THE INTERNATIONAL JOURNAL OF NARCOTICS ANONYMOUS



JANUARY 2017

VOLUME THIRTY-FOUR ♦ NUMBER ONE



• [Grieving](#)

• [Guiding Principles](#)

• [#weareeverywhere](#)



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, 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

The NA Way Magazine welcomes the participation of its readers. You are invited to share with the NA Fellowship in our quarterly international journal. Send us your experience in recovery, your views on NA matters, and feature items. All manuscripts submitted become the property of Narcotics Anonymous World Services, Inc. Subscription, editorial, and business services: PO Box 9999, Van Nuys, CA 91409-9099.

The NA Way Magazine presents the experiences and opinions of individual members of Narcotics Anonymous. The opinions expressed are not to be attributed to Narcotics Anonymous as a whole, nor does publication of any article imply endorsement by Narcotics Anonymous, The NA Way Magazine, or Narcotics Anonymous World Services, Inc. If you are interested in receiving a free subscription to The NA Way, please write to the address below or send an email to naway@na.org.

The NA Way Magazine (ISSN 1046-5421), The NA Way, and Narcotics Anonymous are registered trademarks of Narcotics Anonymous World Services, Inc. The NA Way Magazine is published quarterly by Narcotics Anonymous World Services, Inc., 19737 Nordhoff Place, Chatsworth, CA 91311. Periodical postage is paid at Santa Clarita, CA, and at additional entry points. POSTMASTER: Please send address changes to The NA Way Magazine, PO Box 9999, Van Nuys, CA 91409-9099.

From the editor

The idea of living life on life's terms is so important to us that we have an entire section of personal stories based on that concept in the Basic Text. We encounter the phrase in meetings, with our sponsors, and in NA literature. Many of those references remind us of our inability to live life on life's terms as using addicts; but the phrase takes on a whole new dimension when we begin to face, accept, work, and grow through life on life's terms in our recovery.

In her Basic Text story "Becoming Whole," an NA member says, "Life on life's terms is rich with miracles." In this issue, members in Greece overcome challenges to build strong home groups, and a member learns great lessons as she works her Fourth Step. But let's remember that living life on life's terms, like many of our recovery processes, can be messy. Life's terms confound us, weigh us down, hold us in a vise-grip. We may endure overwhelming ups and downs for years as we struggle and mature in our recovery. And there are stories like that in this issue, too, from members willing to share their struggles and successes.

Recovering from addiction is about more than just not using drugs. As we stay clean, we are faced with challenges and we are graced with gifts. (Basic Text, "Life on Life's Terms")

[De J. Editor](#)

IN THIS ISSUE

Feature	3	Fellowship development	12
• Life's terms		• CANA/ACNA	
Basic caption context	4	• Hawaii Region Learning Days	
Sharing	5	• Multi-Zonal Service Symposium	
• Grieving		• Western Service Learning Days	
• The Fourth Step		• NA Philippines	
• Awakening of the spirit		Picture this	16
• MZSS: Not just for service		Calendar	17
• An odyssey of unmanageability		NAWS Product Update	18
Guiding Principles:		Coming Soon	20
The Spirit of Our Traditions	8		
#weareeverywhere	9		

Electronic subscribers can click here for additional content.

Cover photo: Kyle P, Minnesota, 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.

Life's terms

I write this 40-some days shy of 40 years clean. That's a long time. Long enough that I've changed greatly, in many ways, from who I was when I cleaned up this time. My mind and spirit, no longer shriveled into tiny, hard shells, are open and willing to try new possibilities. Most importantly, today I truly give love and accept love.

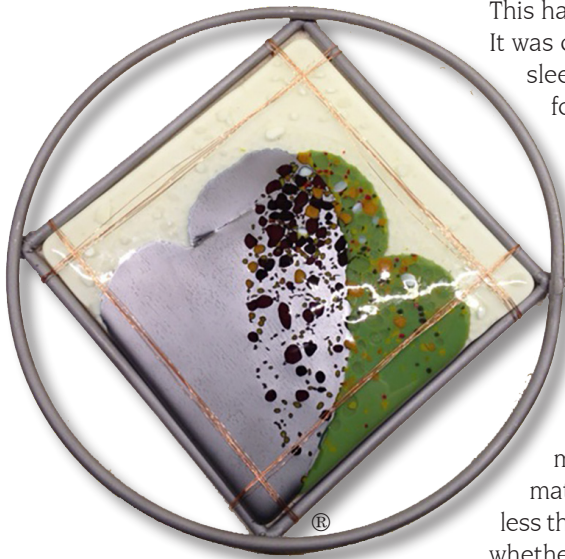
However, my circumstances are rough. Though not without shelter, I *have* been homeless for the past eight months. Throughout these months, *every* night of *every* week, I've worked midnight shift at any of four locations, assigned with no routine or regularity. This has done much to remove me from both society at large and the NA Fellowship. It was only a month and a half ago that I again joined a home group, sacrificing both sleep and money to be there each week—none of which is particularly unbearable for me. Difficult? Certainly. But not unbearable. Life's terms are sometimes hard, even harsh. I've been alive long enough to know that, and clean long enough to accept it easily, because it's so obviously something "I cannot change."

What *does* fill me with shame and anger (at myself) is that despite all my years, I still mishandle many practical things, especially money. I make little more than minimum wage, have squandered an inheritance, and cashed in several savings plans. My finances are lousy and it is entirely of my own doing. I've wasted opportunities to learn and discipline myself better. Being so long clean and yet so fiscally unchanged—again, not circumstances, but *me*—fills me with shame.

So, when I think of celebrating 40 years clean, my failings shout at me while my advancements whisper. Other folks tell me I'm an example of "staying clean no matter what" because of my circumstances; I know I'm an example of being so much less than I could be. I've questioned whether I ought to celebrate at all. I've questioned whether I ought to even make the effort to reach the milestone. Deliberate relapse or actions even more drastic have rolled through my head with strong motivations pushing them. Yet, I've stayed clean. How is it that I don't succumb to the despair?

- Cleantime. Thousands of todays in the habit of staying clean today.
- Our literature. "We need to ... go to one extra meeting ... and help a newcomer stay clean one extra day."*
- Friends: From those with 30+ years who know me so well to those with 30+ days who are getting their first impression. Importantly, friends who are not afraid to be honest with me.
- Service. I keep purpose by giving goodwill.
- Our steps. If not every day, or even every other day, still—*some* days.
- NA meetings. Meetings I like, meetings I don't like. Meetings I'm late for, meetings I leave early. One in two weeks, four in one week. Meetings. NA meetings.
- The Spirit of NA. The Fellowship of NA. Each a strength and each a comfort since my very first days.

And today, *just* for today, I'm willing to do the work to reach 14,610 days clean. We'll see.



Artwork: Amanda M, Nebraska, USA

AJ H, New Jersey, USA

*Basic Text, "More Will Be Revealed"

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.



Photo: Irene C, County Westmeath, Ireland

The NA Way Magazine

NAWS News

Reaching Out

NAWS Email Updates

Just for Today

daily email

**e-subscribe:
no printing costs
no mailing costs
direct email delivery**

Help create YOUR NA Way

Please share your recovery experience with the NA Fellowship: stories, views on NA matters, photos, and your original recovery-oriented artwork. We also love to receive your local NA community's newsletters. Electronic documents (including text documents, jpg, gif, pdf, etc.) may be emailed to naway@na.org. Visit www.naway.org for more information on submissions and the author release form.

Grieving

My beloved partner of 16 years and three months was diagnosed with an aggressive and invasive cancer in March 2015. He had surgery and was declared clear of cancer after a PET scan at the end of April. He started a preventative treatment that made him sick and unable to eat most foods or tolerate his favorite foods, which led us on a search to experiment with supplements. He lost weight and energy, but did not lose hope. His infectious positivity and the fact that I had been working my Third Step every day for the 30 days prior to the clear PET scan motivated and encouraged us to have faith that all would be well.

My Higher Power and I were not on the same page, however. What I wanted and hoped for was not what my Higher Power had in mind. After a checkup at the oncologist's office, further surgery, and scans, it turned out that despite the preventative treatment, the cancer had spread. One round of chemotherapy followed, and the pain only increased.

We still had hope. My partner read the Basic Text and *Living Clean* from cover to cover. We prayed; we spoke about death. We talked about our fears, and my partner seemed more worried about how I would survive without him than being fearful of death itself. Despite engaging in the discussions, with hindsight, I believe that I was totally in denial.

He died five days after the second chemotherapy treatment had been scheduled. Upon examining my partner, the oncologist told us to cancel the chemo, as there was nothing more that could be done. My partner then lost hope and positivity and died.

I felt a tearing pain ripping at my insides coupled with a quiet relief that he was no longer going to be suffering and in pain, and that his HP would be taking care of him from then onward. When the shock lifted, weeks later, I started questioning my HP's will, but I was unable to find answers. I kept getting back to the point of having to surrender my self-will in an attempt to accept the reality that my partner was never coming back.

Almost 14 months later, I am still struggling with life on life's terms. My confidence is slowly rebuilding, but I miss him so much that it hurts.

I changed sponsors after his death and I am enjoying building that new relationship and learning to trust again. I maintained my service to my sponsors; it was helpful to have a commitment to others to take me away from what I was feeling, albeit temporarily. I continued going to a weekly meeting and more than three meetings per week in the first few months. The Fellowship has been mostly supportive, but many people knew us as a couple and were—and still seem to be—so uncomfortable and at a loss for what to say to me that they avoided me. I know that they are also grieving, but it is hurtful that they haven't reached out.



Photo: Jaime V Eternity Medallion

One of my many difficulties after the death of my partner is getting back to writing. I am not a writer, but I have been unable to continue with my step work and have not maintained my journal. I am hoping that this exercise will help me to express something of what I am feeling and what I have felt over the past months and allow me to push through my apparent block for the written word.

Fortunately, although it did not feel like it at the time, I have work and do my best to focus on what is in front of me on a daily or minute-by-minute basis. I am rebuilding my life, much like I did when I found NA, one day at a time.

Cheryl B, Johannesburg, South Africa

The Fourth Step

I began writing my Fourth Step for the first time in 2003. I remember being petrified; it sounded daunting! To be honest, I don't know if I finished writing it back then, but I do know I didn't go over it with my sponsor at the time, because I relapsed. Today, by the grace of my Higher Power, I have made it back to NA, and I'm capable of taking my inventory and completing this step with my sponsor.

This time, I'm writing from the *NA Step Working Guides*. While I was on the resentments section, I flipped ahead (kind of like reading the last chapter of a book because I want to know who lived or what happened). The workbook headings jumped out at me: Feelings, Guilt, Shame, Fear, Relationships, Sex, and Abuse. Talk about panic and anxiety! My heart began to beat fast and my whole body got warm and sweaty; I was short of breath. I sat the book down and didn't touch it for three weeks. When I finally talked to my sponsor about it, you know what she told me? "Stop doing that! Take each question like you do each day: one day at a time, one question at a time!" Well, of course that made sense. She told me to just answer the questions in order, and as I approached each topic, I would be prepared for them by my writing in the previous sections. So I prayed for

guidance before I opened the workbook and my notebook, and then I got started.

One paragraph really stood out to me in the Basic Text on Step Four in the "It Works" chapter: *We review our past performance and our present behavior to see what we want to keep and what we want to discard. No one is forcing us to give up our misery. This step has the reputation of being difficult; in reality, it is quite simple.* That tells me I don't HAVE to be that person anymore, that I can pick out the good, expand on it, and throw the bad out the window. It also reminds me I don't have to live in the past, just address it in writing and with my sponsor, and then let it go. It's much like the Second Step that allows me to choose which attributes I want my Higher Power to have. This program gives me choices like this that I never had in active addiction. I can choose to be miserable or to live in the solution; to not be the person I want to be, or to be a better person than I was yesterday. So I continue to delve into my deepest, darkest memories, but when it gets too dark, I pull out my Basic Text and read that phrase again. It pulls me back into that light.

Let's say that again: I am a good person.

I'm really good at making myself the center of attention and making sure I look good, even if that means you look bad. So it's humbling to recognize this, and to try to do something different. My whole personality doesn't need to be different, but there are things that I want to change, because it's not who I want to be today. Writing my inventory and looking at my part has shown me some of these character defects and assets. I also see that I am a good person. Wow. Let's say that again: I am a good person.

I'm learning that my fear, while absolutely gripping, is normal. I'm allowed to be afraid. It's a defense mechanism that I (we) are born with. However, I cannot let fear paralyze me anymore. I can't let it control my decisions or the actions I take or don't take. I can admit that some-

thing scares me, but I can also admit I'm powerless over my fear, allow it, and trust my Higher Power to help me through.

Being able to recognize my defects and assets is an amazing gift that I cherish. This program is beyond amazing when I am truly living it, to the best of my ability. I don't have to live in the past anymore. I don't have to hide from it, or dodge it, or lie about it. I can admit it, face it, be honest about it, and move forward as a better person with the help of other addicts and my HP.

Wendy W, Virginia, USA

Awakening of the spirit

It was 20 December when I had a spiritual awakening. While I was walking through the streets, I felt deep down that I liked myself. I wondered what this was. I had no idea.

A few months later, I again became conscious of my happiness. After that, on a train, the same feeling of happiness came up again. Then I realized this may be the sign of something. When I got home, I looked at some NA materials and found that with our spiritual awakening comes the sense of liberation from loneliness and a better understanding of how to live. "Well, yes," I thought, "now I don't feel lonely." Doing what my Higher Power wants me to do—not use drugs and attend NA meetings—helps me to live a better life. I realized that this was what I had to do.

The next year, I was traveling by train, and my feeling of happiness was so great that I was on the verge of tears, but I didn't cry. I recognized this as a similar feeling to what I had experienced before. Because I had the same sign three times from my Higher Power, I knew I had truly awakened to the spiritual.

Now I wondered why my sponsor and I both used drugs. He said it was so that he would come to like himself. Well, yes; I too used drugs to be able to like myself, but I never actually liked myself until my spiritual awakening on 20 December. Until then, I often felt a craving for drugs, but after that, I never needed drugs again.

With my awakening to the spiritual came a strong sense of profound peace and happiness. Speaking of happiness, my sponsor used the example of being impatient at a red traffic light because it keeps him waiting. With a little experience of recovery he has learned to relax a little in that situation. Now, when he waits for the red light to turn green, he can patiently wait for the change. So now, I wait calmly as though I were not waiting, and I tell myself that when it does change I'm going to cross the street.

Gian S, Tokyo, Japan

MZSS: Not just for service

Me? Age 65, clean date November, 1983. Sharing service ideas and practices. Learning how service bodies around the nation carry the message. Those were my primary motives for attending the 2016 Multi-Zonal Service Symposium (MZSS). Sharing time with other trusted servants, men and women I get to see but once every year or two, was an added bonus. What I wasn't expecting, though, was some long-overdue healing.

Over the course of the weekend I kept having awkward moments in halls and in the elevator. I kept running into a fellow who had treated me disrespectfully some time ago. I refused to acknowledge him or look at him. And yet, there he was, again and again. And there I was, ignoring him again and again.

On Sunday morning, as the symposium drew to a close, I was up early to arrange the chairs in a corner of the lobby for the 7:00 am recovery meeting. The topic was the day's reading from the *Just for Today* meditation book—working a Fourth Step. During my share I heard myself say something that caught me off guard. "Step Four invites us to consider our resentments." It struck me that I had been resenting that particular gentleman for more than ten years.

Huh? I'm this old, old enough to forget countless things every single day: Where is my dang phone? Did I really forget my e-reader on the bus bench? (Yes, but some kindhearted citizen turned it in

to the lost and found.) Are they picking up the recycling this week or did they pick it up last week? You get the picture—I can forget a LOT of things! In contrast, I can vividly remember someone treating me thoughtlessly more than a *decade ago*!?

The next thing that came out of my mouth was a commitment to myself, in front of the group, that if I ran into this gentleman one more time before departure I'd make amends for carrying the grudge. Forgiveness is a weird thing, isn't it? I wasn't really sure what the proper protocol might be for dropping resentment. If I'm going to change the rules regarding how I interact with someone, it's probably polite to say something rather than expect the other party to read my mind and guess the new rule. Sitting there with my lips still flapping, I also owned out loud that I hoped our paths wouldn't cross before I left the hotel for the return flight home.

You know where this is going, right? I ran into him outside. Stopped him. Chatted with him as we walked to his car. Shook his hand. Maybe even hugged him.

When people ask me why I still go to recovery meetings, this is why. No matter where I am, no matter how old I'm getting, no matter how long I stay clean, there's always more recovery to be enjoyed—even in the least expected places, like a symposium focused on delivering the message of recovery to others. Sometimes the "other" is me.

Kit E, Minnesota, USA

An odyssey of unmanageability

At about 3:30 on a Tuesday afternoon, I left work, determined to get to my doctor's office (about 50 miles away) before they closed at 5:00 pm. I had been without my diabetes medication for about five days because my insurance wouldn't cover refills without another prior authorization request from my doctor, and I didn't have \$800 to pay for the medication out of my own pocket. I wasn't able to get to the doctor's office the previous Friday or Monday before they closed, so after five days of high blood sugars and becoming increasingly unable to concentrate, my plan was to get to the clinic before 5:00 pm to at least get some free samples until my insurance situation resolved. While this wasn't the ideal situation to have gotten myself into in the first place, I knew I had to do my best to do what I needed to do to take care of myself—something I'm continually working on in my recovery.

After leaving the office, I realized, in my near-delirious state, that I didn't have my wallet...!

Matt S, California, USA

Click here to read the rest of Matt's odyssey

Help create YOUR NA Way

Please share your recovery experience with the NA Fellowship: stories, views on NA matters, photos, and your original recovery-oriented artwork. We also love to receive your local NA community's newsletters. Electronic documents (including text documents, jpg, gif, pdf, etc.) may be emailed to naway@na.org. Visit www.naway.org for more information on submissions and the author release form.

Guiding Principles: The Spirit of Our Traditions

Guiding Principles was created as a "modular" workbook, so that the sections within each chapter can be used in a variety of ways. Every chapter starts and ends with a reading that can be used as a personal meditation, a recovery meeting topic, or a service setting discussion topic. There are also sections with writing, discussion, or workshop questions for members, groups, and service committees.

The "Word by Word" and "Spiritual Principles" exercises ask us to look at the words, phrases, and spiritual principles of each Tradition as a way to better understand and practice the Tradition as a whole. We might use a dictionary to look up specific words or phrases as part of a personal writing exercises, or we might discuss spiritual principles connected to the Tradition in a group business meeting or in a service committee meeting.

In the October 2016 *NA Way*, we published some sample questions from the *Guiding Principles* chapter on Tradition One. In this issue, we're sharing excerpts from the "Word by Word" and "Spiritual Principles" sections of the Tradition Two chapter.

Word by Word

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

Example: servant

To be a *servant* may mean attending to others in a relationship of inequality, but this is not the only way to understand the term, nor is it the meaning that applies when we use the term in NA. Other meanings of the word include a person who is devoted, is useful or beneficial, cares for others, or works toward a purpose. A servant acts with care and devotion. It is a role of trust, not authority. We use this language because no individual is ever to have sole ownership over any part of NA. We serve our Fellowship in humility and gratitude, recognizing the importance of everyone's contributions. When we strive to serve selflessly, our purpose, rather than our personality, is primary. The task, purpose, and process are all spiritual.

Serving changes us. Just as making amends teaches us to be more forgiving, selfless service brings generosity, compassion, and awareness of purpose. Service is practice for how we live in the world. It's an opportunity to give what has been so freely given to us, and to recognize how much effort goes into the blessings we take for granted in and out of Narcotics Anonymous.

Spiritual Principles

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

- unity • surrender • acceptance
- commitment • selflessness • love
- anonymity • safety • hospitality
- empathy • goodwill • humility

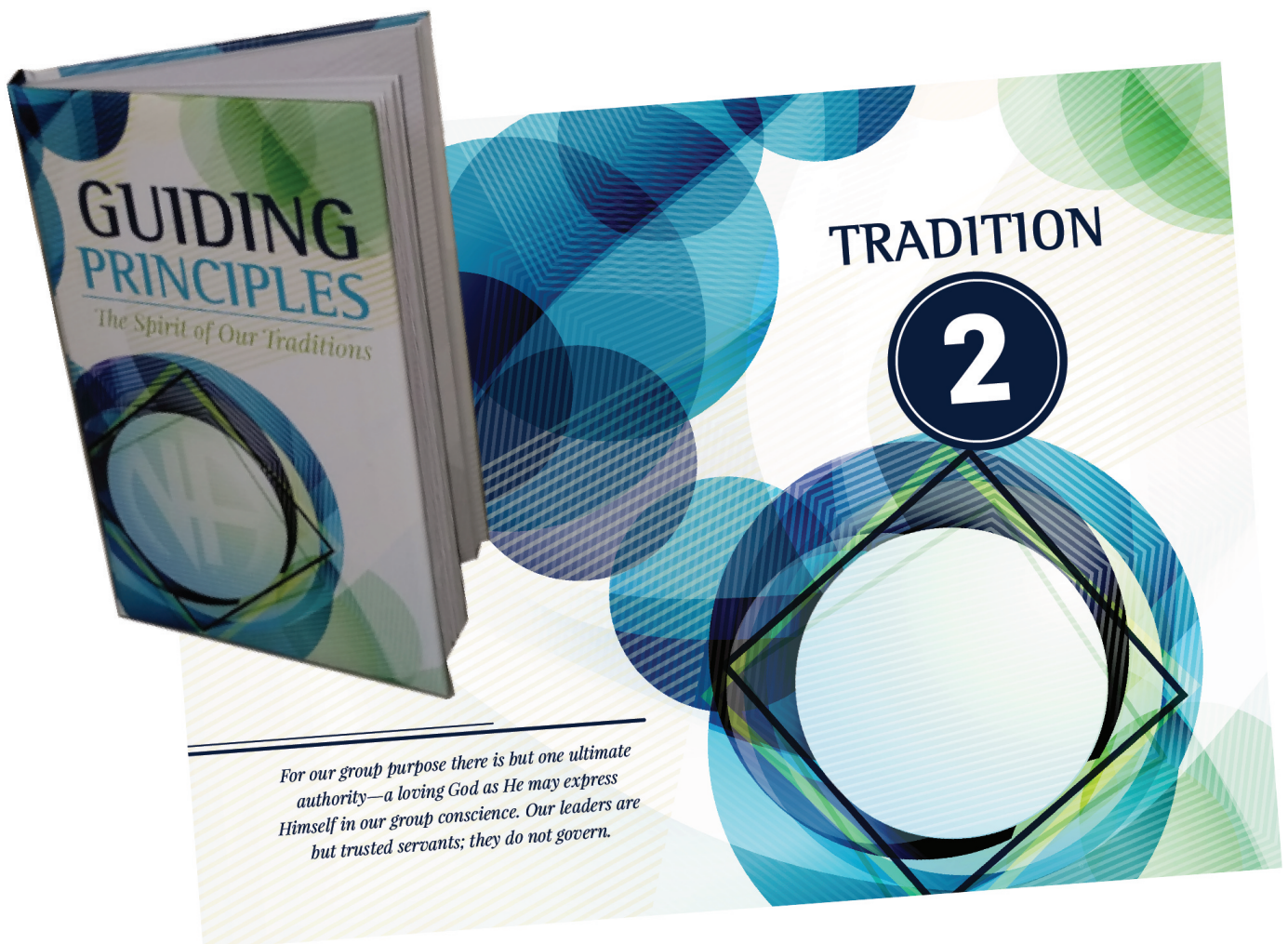
Example: love

Love is one of the driving forces in Narcotics Anonymous, and yet Tradition Two is the only Tradition in which the word *love* appears. The loving spirit that binds us together is greater than our individual personalities. A spirit of love gives life to anonymity, allowing us to come together in unity. Being a trusted servant, acting in a spirit of love, and trusting a Power greater than ourselves are all part of practicing this Tradition. The love we share in NA means we care enough to save each other's lives. The most loving things we do for each other aren't always easy or gentle. We try to approach each other and our service with kindness, care, and concern, and to find courage to reach out to each other with honesty and compassion.

Regardless of who we are, where we've been, or what we've done, we find in Narcotics Anonymous a place of empathy, acceptance, welcome, and belonging. We don't find it with everyone, but anonymity frees us to experience love, and that love, in turn, frees us to accept one another without reservation. The Second Tradition tells us that a loving God may express Himself in our group conscience, but it's hard to hear a loving God when we are being unloving. Unity depends on our willingness to keep coming from love, even when that seems like the hardest thing to do. It's a spiritual exercise that changes us, and a spiritual commitment that ensures our survival.

As *Guiding Principles* was developed, we received a great deal of helpful feedback through the review-and-input process on all aspects of the book, and now we're looking forward to hearing about your experiences using *Guiding Principles*. One of the Fellowship Issue Discussion Topics (IDTs) for this Conference cycle is "How to Use *Guiding Principles*," so we hope members who want to know more about the book will facilitate and/or participate in these workshops. We encourage all who use the book to pass along experiences and suggestions for others about ways you have made the most of your work. To share your feedback, please email us at worldboard@na.org.

For more information about the *Guiding Principles* IDT (and the other IDTs), please visit www.na.org/IDT where we'll be posting workshop/discussion outlines and other resource materials.



#weareeverywhere



The NA Way Magazine, January 2017

Photos: Timmy L, Andi M, and Jaime V; Massachusetts, USA

Fellowship development

Everything that NA World Services (NAWS) does is a part of Fellowship development and A Vision for NA Service drives all of our efforts. Communication, connection, and collaboration are all necessary for effective FD, so it's always important to stay abreast of our constantly developing Fellowship to be clear about what World Services can and should do—and what might be better handled by a neighboring NA community or service body. This requires ongoing collaboration and communication. In many cases, NA World Services helps connect people initially, bringing together disparate NA members and communities—and then those communities, supported by local members, grow exponentially.

CANA/ACNA

Mississauga, Ontario

23–25 September 2016

The Canadian Assembly of NA/l'Assemblée canadienne de Narcotiques Anonymes (CANA/ACNA) is a zonal forum that covers and serves all of Canada. CANA/ACNA meets yearly in conjunction with the Canadian Convention of NA/Convention canadienne de Narcotiques Anonymes (CCNA) to discuss issues affecting NA communities in Canada, including Fellowship development and outreach efforts taking place throughout the country. The assembly currently consists of representatives from five regions: British Columbia, Al-Sask, Ontario, Quebec, and Canada Atlantic, as well as members from the Winnipeg area.

CANA/ACNA has invited NAWS to attend their assembly each year for well over a decade now. Attending CANA provides us with a great opportunity to meet with all of the zone's regional delegates and alternates in a single setting, and to provide information and support to other Canadian trusted servants and interested members who attend. We are typically allotted a significant portion of time in the agenda for NAWS sessions. At the 2016 CANA/ACNA, we provided a NAWS Update and facilitated sessions on Public Relations/Fellowship Development and Applying Our Principles in Social Media and Technology. We participated in discussions on strategic planning, public relations, and many other topics during the assembly meeting. We also held an evening session, Welcoming All Members, which was open to the CANA/ACNA participants and any other members who wanted to attend.

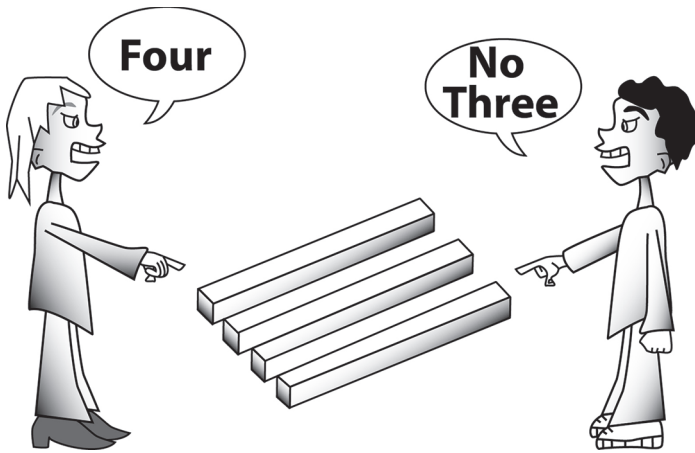
In the time we have been attending CANA/ACNA, there has been ongoing, positive growth and development of NA communities throughout Canada. The zonal forum is a hardworking team with determination to continue developing NA in Canada and to make our message available to addicts in some of the most rural and difficult-to-reach places in North America. They utilize a strategic-planning process that facilitates plan-driven service delivery. NA World Services remains committed to supporting those efforts. Their current project plans include:

- Translating IP #1 into both Inuktitut and Northern Cree.
- Obtaining new public service announcements (PSAs) in both English and French (Canada's two official languages).
- Transforming canaacna.org to a bilingual website.

- Hosting professional events that provide continuing education units (CEUs).
- Improving the CANA/ACNA relationship with Corrections Canada to request standardized federal clearance forms.
- Approaching federal law enforcement and building a relationship with the Royal Canadian Mounted Police (RCMP).

Following the CANA/ACNA meeting, NAWS also participated in CCNA, which was attended by an estimated 600 members. We facilitated sessions there on two of the current Issue Discussion Topics, Atmosphere of Recovery in Service and *Guiding Principles: Putting Our New Traditions Workbook to Work*. NA World Services is proud to be able to work with CANA/ACNA as they work toward fulfilling their vision.





Hawaii Region Service Learning Days

Honolulu, Hawaii, 8–10 July 2016

The Hawaii Region covers five islands: Oahu, Maui, Big Island (two areas, Kona and Hilo), Kauai, and Molokai. The Learning Days rotate from island to island annually, with the 2016 event held on Oahu. Travel to the Hawaii Region's Service Learning Days is by airplane for most. Two to three newcomers from each island are given the opportunity to attend the Learning Days with their expenses funded by the region. Our focus is to provide experience for our newcomers to learn about service in NA, better carry the message of NA, and cultivate leadership.

The Hawaii NA community is a diverse fellowship of members located in the Asia Pacific Basin. Thirty members attended, including our regional delegate and alternate delegate, a World Board member who lives locally, and previous committee chairs. Some participants shared:

- ◆ I am going to attend the business meetings and take a position.
- ◆ I am going to submit my name for the alternate regional committee member position.
- ◆ I'm putting my hand up to help H&I take the meeting into the jail.
- ◆ I'm putting two dollars in the Seventh Tradition basket [instead of one dollar].
- ◆ I now understand how to better serve the islands (from a member who recently moved to Hawaii).

The agenda was assertive, interactive, and discussion-based. We began with a potluck dinner, speaker meeting, and then an opening meeting with an overview of what to expect during the weekend and our expectations. We used an "ask-it basket" for questions throughout the weekend. Some of the topics covered during the weekend included H&I and PR presented by some of our longer-term members, NA history, Who's Missing from Our Meetings, the *Fellowship Intellectual Property Trust* (FIPT), and Fund Flow. We also did a workshop on the Issue Discussion

Topic Creating an Atmosphere of Recovery in Service. This IDT is guided by one of the points in A Vision for NA Service: "Every member, inspired by the gift of recovery, experiences spiritual growth and fulfillment through service." We are fortunate to be part of the greater whole. One member said, "I didn't realize the opportunity or responsibility we have in creating a loving, caring environment for those members who are already here and those members who have yet to find us."

We believe service is an essential part of recovery in Narcotics Anonymous. Most of us would never have found recovery if not for the work of members who came before us. We used a drawing like the one shown here as an icebreaker to begin a dialogue on effective leadership. We were reminded that effective leadership requires viewing all sides of an issue and that all voices of our members are important and should be given the chance to be heard.

Our time together at the Hawaii Region Learning Days was successful in creating collaborative efforts in service for all of our islands. We generated a means for our new members to become leaders. It was exciting and passionate. We gave life to our vision, formulating a foundation for continued growth in Hawaii.

Multi-Zonal Service Symposium

Milwaukee, Wisconsin

23-25 September 2016

It was another great weekend of service learning and "Sharing the Miracle" at the second MZSS! We had approximately 200 attendees from at least 30 regions in the United States plus a member from Canada, and NA members from Brazil, Canada, and the US joining us via the internet for two workshops. If you were not able to attend, you can still access workshop audio and documents archived at mzssna.org.



Workgroup members from three zonal forums (Midwest, Plains States, and Southern) planned the symposium virtually and didn't meet in person until the weekend of the symposium. All of this happened through the use of technology, along with faith, trust, perseverance, and many hours of work by members who helped in some way, before or during the weekend. We had workshops with dozens of fabulous presenters on a wide array of topics related to Fellowship development, public relations, and technology services. We heard members share a few of the inspiring ripple effects from MZSS 2014. Participants were renewed and reinvigorated with new skills and ideas, and simply from spending time and learning with other addicts who are passionate about carrying the NA message.

The next MZSS will be held somewhere within the Plains States Zone in the fall of 2018. To learn about ways to get involved or to receive updates, visit mzssna.org.

Western Service Learning Days San Diego, California 21-23 October 2016



The traveling event known as Western Service Learning Days offers an opportunity for members from throughout the western part of North America (and beyond) to share service experiences and best practices. It evolved from a public information-oriented event to one that also provides workshops on all service matters.

WSLD guidelines specifically include inviting NAWS to participate and offer at least two workshops each year. We are always pleased to participate and to facilitate as many sessions as are requested. Having a NAWS presence at any multiregional, service-oriented event allows us to directly interact with a broad cross section of members from a number of NA communities.

At WSLD 30, hosted by the San Diego Imperial Counties Region, NAWS presented workshops on a variety of topics including a NAWS Update, Conventions and Events Best Prac-

tices, Public Relations and Fellowship Development, Balancing Legal and Spiritual Responsibilities for Regional Service Office/Conventions Boards of Directors, and Atmosphere of Recovery in Service. We also offered a wrap-up session the last morning of the event called What I Learned at WSLD, an opportunity for attendees to identify what they heard and learned, and what actions they were committed to implementing in their home areas and regions.

Each year, WSLD holds a community/professional day for professionals and NA trusted servants to interact about ways to collaborate to serve addicts seeking recovery. WSLD 30 featured presentations by medical/treatment professionals on the use of psychiatric medication in recovery and cooperation with active military and veterans' treatment centers, and representatives of Nar-Anon Family Groups.

Other WSLD sessions covered topics such as Chairing an NA Service Committee, Attracting New Members with Technology, Outreach, Websites, The Twelve Concepts, Phonenumber Technology, GSRs, Sponsorship Behind the Walls, Building Strong Home Groups, School Projects, Using Technology for Unity and Cooperation in Activities, The Eleventh Concept, the Public Relations Umbrella Structure, and three workshops in Spanish: Historia de NA, H&I, and Orador Principal.

WSLD 31 will be hosted by the Santa Cruz and Monterey Counties Areas in Central California, and will be held in Santa Cruz. Access WSLD 30 session recordings at www.sandiegona.org/events/wslid-xxx/, and learn more about WSLD on their website at www.wslid.org.

Issue Discussion Topics

Issue Discussion Topics are subjects that recovering addicts in NA communities around the world focus on in discussions and workshops throughout each two-year conference cycle. These conversations encourage us to think more deeply about relevant topics and help build unity within our groups and service bodies. In addition, sending the results of your discussions to the World Board can help shape Fellowship-wide resources and services.

The IDTs for the 2016–2018 cycle are:

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

Please visit www.na.org/IDT where we will be posting information and workshop materials to help you hold your discussions on these topics.

NA Philippines

NA World Services works with NA communities around the world through ongoing Fellowship development and support. We gather and exchange information with members, trusted servants, and the public about day-to-day concerns like service committee challenges, ideas for new projects, and how to start new meetings. And when the unexpected occurs and tragedy affects NA where they live, members can—and often do—call on NAWS for assistance. Hurricanes, floods, earthquakes, and other challenges can leave an NA community devastated by the effects of damaged or ruined literature, meeting space loss, and communications difficulties. In these circumstances, World Services may provide support and materials to help local NA communities get back on their feet to continue to carry the NA message.

Most recently, the regional delegate of NA Philippines (Nar-kotiko Anonimo Pilipinas) contacted NAWS seeking support due to a substantial influx of new members, perhaps due in part to governmental policies there. We were happy to learn that meetings are strong and safe, and that Filipino members are significantly increasing public relations efforts to ensure that those seeking recovery are aware of NA. In trying to meet these challenges, literature was their primary need. In response, World Services sent an air shipment of recovery literature and public relations materials to help meet that immediate need, and followed up with an additional shipment of more than 35 boxes of materials to be distributed across the region. And NA Philippines has been encouraged to reach out to World Services for whatever additional materials they may require.

Individual members, groups, and service committees are often eager to offer help when they hear of needs in different NA communities, but it can be difficult to determine what assistance is necessary throughout an area or region outside of our own, and how to get that help into the right hands in an NA community. Well-meaning attempts to send NA products into other countries are often not successful due to loss, seizure, or other things that can interfere with successful delivery.

Ongoing contact with our worldwide Fellowship affords NA World Services the knowledge and capability to very quickly coordinate communications, shipping and customs, and cultural issues. Because of this, NAWS is able to work directly with local NA members to find out exactly what help they need, and then determine the best way to ensure that materials sent actually end up at NA groups in the hands of addicts. So, while it may not be practical for each member or group to support an NA community in crisis, contributions to NA World Services are a way of making a direct difference—to help ensure that addicts seeking recovery can find Narcotics Anonymous.

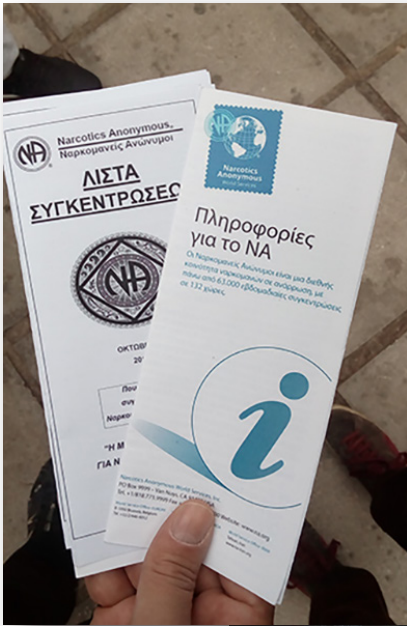
World services are those services that deal with the problems and needs of NA as a whole and that NA offers to its members, its groups, and to society. The basic purposes of our world services are communication, coordination, information, and guidance. We provide these services so that our groups and members can more successfully carry the message of recovery and so that our program of recovery can be made more available to addicts everywhere.

[A Guide to World Services in NA](#)

**To contribute to NA World Services, visit www.na.org/contribute
or by mail: NA World Services; PO Box 9999; Van Nuys, CA 91409 USA**



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.

Building a strong group foundation

Like groups in many areas around the world, we have had our struggles with holding many meetings in one place and having too many meetings for the community to support. On many occasions, we had numerous speakers and chairpersons with limited cleantime and service experience (like six to nine months clean and no understanding of how essential it is to spread our message). We always ended up with the same problems of too many groups in one place, which overwhelmed the facility—sometimes with our members' unfortunate behavior.

Six years ago, in Corinth, a city near Athens, we started an outdoor meeting. Members reluctantly participated, but they took no commitments. Some people laughed or were afraid of the idea of an outdoor meeting. Some responded and traveled from Athens to support it. We met for about three months, gradually growing in our numbers and the commitment members were willing to make to the group. It was winter. We held a business meeting and agreed to find an indoor location.

Soon, the coffee maker relapsed and went to prison, the literature person relapsed and abandoned the group, and the GSR moved 800 km away. On top of that, the priest of the church changed, and the new one told us to move because he felt our meetings contradicted the church's beliefs. So there we were, meeting outdoors again.

The group was like NA in 1959—almost dead. But we continued meeting outdoors and looked for a new place. "Perhaps God does not want it" was the utterance of some members, but we believed and we found a place at the city hall. We remembered our struggles and committed to keeping it simple by not opening a second meeting at the same place. We were thoughtful in choosing trusted servants.

Soon, we helped to start an outdoor meeting in the next city where a new circle of trusted servants stayed clean and were willing

to commit. It worked. Through our responsibility and honoring our principles, this pattern was established as a way to develop a strong foundation for a group before committing to a new meeting place.

As a result of our practicing our principles in this way, a new miracle happened. To get more meetings established, we wanted to present information about NA to the mayor of another city, but he was too busy to see us. Luckily, one day when we were there trying to see him, the mayor of Corinth was also there for an appointment. We asked him to help, and after he met with the other mayor, both came out and said we had a meeting place in Loutraki after almost a year outdoors. Because of our group's commitment to keep our word with the mayor in Corinth, he was willing to speak on our behalf, knowing our group was well-behaved and reliable. Just by our keeping the first meeting steady and based on our guidelines, people had come to know us, they trusted us, and they were willing to help us.

All of our members were and are involved in services, and we continue to develop and strengthen relationships around the city. A third meeting opened near the city a few days ago after seven months outdoors. We have had successful work placing flyers, participating in radio interviews to share information about NA, and running radio PSAs. As a result, our NA friends have increased and the NA message is spread: If you have a problem with drugs, maybe we can help. In the Northern Greek Area, five outdoor meetings found indoor locations during the last four years, and five more are running in the region. Next year, the thirteenth regional convention is going to be held in Corinth—another NA miracle because of all our struggles.





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.)

Australia

New South Wales 3-5 Mar; Far North Coast Area Convention; A & I Hall, Bangalow; na.org.au

South Australia 17-19 Mar; South Australian Area Convention; Barcoo Function Centre, Adelaide; <http://na.org.au/>

Canada

Quebec 3-5 Mar; Youth Convention 21; Hôtel des Gouverneurs Place Dupuis, Montreal; event info: 514.605.6969

Egypt

Cairo 24-24 Feb; Unity Convention-الوحدَة; Cairo International Stadium-Covered Halls-Lounge 2, Cairo; naegypt.org/en

Nepal

Kathmandu 10-12 Mar; First Asia Pacific Forum Convention; Nepal Academic Hall, Kathmandu; www.apfcna.org

Netherlands

Breda 1-2 Apr; South Netherlands Area Convention; Amrath Hotel Breda, Breda; <http://naco.nl>

New Zealand

Rotorua 10-12 Mar; In All Our Affairs; Waiotapu Forest Camp, Rotorua; www.rotovegas.com/events

Norway

Trysil 12-19 Mar; Ski & Recovery 11; Trysil; nanorge.org/events

Thailand

Chiang Mai 24-27 Feb; Thailand Regional Convention 10; Centara Duangtawan Hotel, Chiang Mai; www.na-thailand.org

United Kingdom

London 7-9 Apr; London Convention 25; Quaker, Friends Meeting House, London; www.londonna.org;

United States

Alabama 17-19 Feb; Out of the Darkness, Into the Light 20; DoubleTree, Decatur; www.naana.org/ootd

2) 24-26 Mar; Freedom on the Coast; Marriott, Mobile; www.alnwfl.org

Arizona 2-5 Feb; Arizona Men's Spiritual Retreat 5; Franciscan Renewal Center, Scottsdale; www.themensretreat.org

2) 10-12 Mar; Mexico Arizona California Convention 8; Shilo Inn, Yuma; www.maccna.org

3) 14-16 Apr; Hualapai Mountain Campout; Hualapai Mountain Park, Kingman; write: Recovery on the River Group; 35 Acoma S; Suite C; Lake Havasu City. AZ 86403

California 17-19 Feb; Central California Regional Convention 25; Bakersfield Marriott-Rabobank Arena, Bakersfield; www.ccceinc.org/

2) 13-16 Apr; Northern California Convention 39; Sacramento Convention Center, Sacramento; <http://norcalna.org>

3) 14-16 Apr; San Diego/Imperial Counties Regional Convention 32; Hilton San Diego Bayfront, San Diego; www.sandiegona.org

Florida 17-19 Mar; Women Stand United With Hope Spiritual Retreat 12; Cedar Kirk Retreat Center, Lithia; write: Women's Hope Group; Box 8121; Tampa FL

Georgia 3-5 Mar; Recovery in Action Newcomer's Event 3; write: Kickin' It Clean Group; Box 5216; Savannah, GA 31414

2) 23-26 Mar; Georgia Regional Convention 36; Columbus Convention & Trade Center, Columbus; www.grcna.org

Hawaii 7-9 Apr; Oahu Fellowship Gathering 33; Camp Mokuleia, Waialua; <http://na-hawaii.org/na-hawaii/gatherings/>

Illinois 17-19 Feb; Circle of Sisters Convention 20; Chicago Marriott Hotel, Chicago; www.circleofsisters.org

Kentucky 14-16 Apr; Kentuckiana Regional Convention 31; Holiday Inn University Plaza, Bowling Green; www.krscna.org

Massachusetts 3-5 Mar; New England Regional Convention 17; Sturbridge Host Hotel & Conference Center, Sturbridge; www.nerna.org/events/other/nerc-xvii-registration

Michigan 13-16 Apr; Detroit Area Convention 25; Marriott Hotel, Detroit; www.michigan-na.org/metro_detroit_region

Minnesota 31 Mar-2 Apr; Minnesota Convention 24; City Center Hotel, Mankato; www.naminnesota.org/mnnac

New York 3-5 Feb; In the Spirit of Love 29; Holiday Inn, Waterloo; www.flana.net

2) 17-19 Feb; Metro Area de Habla Hispana Convention; Crowne Plaza, White Plains; write: Metro Area de Habla Hispana; Box 734; New York, NY 10116

3) 23-26 Feb; Rochester Area Convention 23; Radisson Hotel, Rochester; <http://rochesterny-na.org>

North Carolina 24-26 Feb; Freedom by the Sea Convention 16; Sea Trails Golf Resort & Convention Center, Sunset Beach; www.freedombytheseaconventionofna.com

2) 7-9 Apr; Central Piedmont Area Convention; Cabarrus Arena, Concord; www.crna.org/

Pennsylvania 3-5 Feb; Bucks County Area Convention 10; Sheraton Bucks County, Langhorne; www.buckscountyareaconvention.org

2) 10-12 Mar; Capital Area Convention 15; Sheraton Bucks County, Langhorne; www.capitalareaofna.org

South Carolina 10-12 Mar; First Stay, Pray & Live Convention; Gateway Conference Center, Richburg; write: Keep It Simple Area; Box 12279; Rock Hill, SC 29731-2279

Texas 13-16 Apr; Lone Star Regional Convention 32; Hilton DFW Lakes, Grapevine; www.lsrso.com

Virginia 3-5 Mar; Tidewater Area Convention 16; Norfolk Waterside Marriott, Norfolk; www.tidewaterareana.org/tacna-xvi.html

Washington 9-12 Mar; Clean & Free; Ocean Shores Convention Center, Ocean Shores; www.wnirna.org/

Wisconsin 3-5 Feb; Greater Milwaukee Unity Convention 20; Hyatt Regency Milwaukee Hotel, Milwaukee; namilwaukee.org/

Wyoming 31 Mar-2 Apr; Southern Idaho Regional Convention 28; Virginian Inn, Jackson Hole; www.sirna.org/

NAWS Product Update

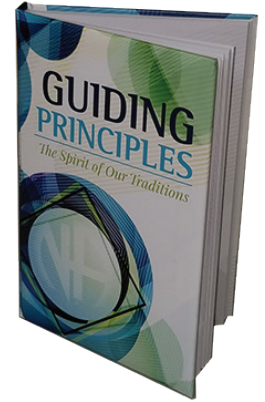
Guiding Principles: The Spirit of Our Traditions

Available late January

Hand-numbered Special Edition limited to 7,000 copies

Features decorative inside cover, Japanese paper, and full-color chapter starts. A shimmering varnish finish and an "epoxy dome" medallion decorate the textured cover. Includes a coordinating debossed leatherette bookmark.

Item No. 1205 Price US \$30.00/26.50 €



2017 JFT Calendar

Get your daily recovery inspiration and encouragement with excerpts from our *Just for Today* book. 4.25" x 5.25" tear-off pages with easel.

Item No. 9500 Price US \$11.75/10.40 €

NA and Persons Receiving Medication-Assisted Treatment

This World Board-approved pamphlet is intended for professionals who prescribe medication to treat drug addiction.

Item No. 2306 Price US \$0.30/0.27 €



Arabic

The NA Step Working Guides

زمانة المدمنين المجهولين دليل العمل بالخطوات

Item No. AR-1400 Price US \$8.50/7.50 €



Hebrew

היכרות עם פגישות אנ-איי

Item No. HE-3129 Price US \$0.24/0.21 €



Italian

NA: A Resource in Your Community
(2016 Version)

Una risorsa nella società

Item No. IT-1604 Price US \$0.40/0.37 €

Keychain Medallion Holder

This holder is etched with *share, just for today, gratitude, it works*, and the NA service symbol. The perfect pairing for your bronze or triplate medallion. It is available in bronze, satin gold, or black plating.

Item No. 6091 thru 6093
Price US \$8.00/7.10 €



Japanese

スポンサーシップ

Item No. JP-3111 Price US \$0.24/0.21 €



Latvian

*Kāda atkarīgā pieredze ar pieņemšanu,
ticību un apņemšanos*

Item No. LV-3114 Price US \$0.24/0.21 €

Kā saglabāt tīrību "ārpuse"

Item No. LV-3123 Price US \$0.24/0.21 €

Mizo

Keytags (Welcome to Multi-Year)

Item No. MZ-4100 thru 4108 Price US \$0.53/0.47 €



Polish

*The NA Step Working Guides
Anonimowi Narkomani
Przewodnik do pracy
nad Krokami*

Item No. PL-1400
Price US \$8.50/7.50 €



Inne spojrzenie

Item No. PL-3105 Price US \$0.24/0.21 €

Informacja Publiczna (PI) a członek NA

Item No. PL-3115 Price US \$0.24/0.21 €

Szpital, instytucje i członek NA

Item No. PL-3120 Price US \$0.24/0.21 €

**Pieniądże mają znaczenie
Samowystarczalność w NA**

Item No. PL-3124 Price US \$0.35/0.31 €

**Dla rodziców lub opiekunów
młodych członków NA**

Item No. PL-3127 Price US \$0.31/0.26 €

Odia

Keytags (Welcome to Multi-Year)

Item No. OR-4100 thru 4108 Price US \$0.53/0.47 €



Portuguese (Brazil)

Pesquisa de participação de membros

Item No. ZPRPB1001 Price US \$0.30/0.27 €

German

Mitgliederbefragung

Item No. ZPRGE1001 Price US \$0.30/0.27 €

Informationen über NA

Item No. ZPRGE1002 Price US \$0.30/0.27 €

Greek

Πληροφορίες για το NA

Item No. ZPRGR1001 Price US \$0.30/0.27 €

Ukrainian

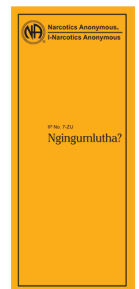
Прийняття себе

Item No. UA-3119 Price US \$0.24/0.21 €

Zulu

Ngingumlutha?

Item No. ZU-3107 Price US \$0.24/0.21 €





Coming Soon

Hungarian

The NA Step Working Guides

A Narcotics Anonymous Munkafüzete a Lépésekhez

Item No. HU-1400 Price US \$8.50/7.50 €

Portuguese

Sixth Edition Basic Text

Narcóticos Anónimos

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

Statement of Ownership, Management, and Circulation

The NA Way Magazine (ISSN 1046-5421) is published quarterly. There is no subscription charge for this publication. The office of publication is at 19737 Nordhoff Place, Chatsworth, CA 91311. Mailing address is 19737 Nordhoff Place, Chatsworth, CA 91311. The editor is De Jenkins. *The NA Way Magazine* is owned by NAWS, Inc., a nonprofit corporation, and there are no other bondholders, mortgagees, or security holders. The status of this corporation has not changed during the twelve months preceding this filing.

Extent and nature of circulation	Average No. of copies in preceding 12 months	Actual No. copies as of Oct 16
a. Total number of copies (Net press run)	15,225	12,000
b. (1) Mailed outside county subscription	5,923	2,799
b. (2) Mailed in-county subscription	14	15
b. (3) Distribution outside the mails	8,916	8,752
c. Total requested distribution	14,853	11,566
d. (4) Free or nominal rate distribution	250	250
e. Total free or nominal rate distribution	250	250
f. Total distribution	15,103	11,816
g. Copies not distributed (office uses)	122	184
h. Total	15,225	12,000
i. Percent requested circulation	98.4%	97.9%
a. Requested electronic copies (e-subscriptions)	20,805	20,919
b. Total requested print + electronic distributions	35,658	32,485
c. Total print + electronic distributions	35,908	32,735
d. Percent requested circulation	99.3%	99.2%

Certified, correct, complete: 

