

THE
NAWay
MAGAZINE®

THE INTERNATIONAL JOURNAL OF NARCOTICS ANONYMOUS



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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

In the [January 2017 NA Way](#), this column and several articles in the issue addressed the concept of living life on life's terms. One year later, we again received a number of submissions reflecting the joys and trials of living life on life's terms, many addressing the challenges of aging in recovery. The Feature story is an update to last January's "Life's terms," and in the Sharing section members share experiences that range from despair, fear, and frustration to understanding, relief, and hope.

We also offer some inspiring and informative Fellowship development and translations efforts, a WCNA 37 update, and, in the Picture this section, a couple of moving Basic Text photos. For those who choose the [electronic NA Way](#), you'll find links within your issue to some additional material, and even without an electronic subscription, everyone can access the current and past issue of *The NA Way Magazine* at www.naway.org.

Happy reading and Happy New Year!

[De J. Editor](#)

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Electronic subscribers can click here for additional content.

The NA Way Magazine welcomes letters from all readers. Letters to the editor can respond to any article that has appeared in *The NA Way*, or can simply be a viewpoint about an issue of concern in the NA Fellowship. Letters should be no more than 250 words, and we reserve the right to edit. All letters must include a signature, valid address, and phone number. First name and last initial will be used as the signature line unless the writer requests anonymity.



Life's terms turned

A year ago, I was approaching the 40th anniversary of the first day I stopped using.

A year ago, I was also homeless, working every night on the midnight shift, and I was financially insecure. "Life's terms" were harsh. I was filled with despair. What little hope I had was in a small, small corner of my heart. Partly it was my circumstances—life without an address is a hard way to live. But more so it was because in all that opportunity I'd made so little effort to discipline my finances. I was taking no joy in my pending anniversary. I wondered if I would even do what was needed to get there.

I took inventory of what was keeping me from yielding to the despair and found seven things: the momentum of my cleantime; the experience and message in our literature; my friends, old and new; service; our Steps; our meetings; and the spirit and fellowship of NA. I began to put my effort into all, some, or at least one of these things every day.

What has happened since then is, simply put: "Life's terms" turned. A permanent home was afforded me. An opportunity opened up for better employment—a livable income at a day job. Much of my loneliness was washed away. Two things helped me most as circumstances changed.

One is the NA group I found where I was comfortable, supported, encouraged, challenged, brought to task, and, most of all, loved. In my first meeting, they gave me a better perspective on my life as it was then. They also gave me *their* strength to go against my despair and to choose between two potential permanent homes. I know not all NA groups are this robust and generous, but I walked into one that is.

The other thing is that I reestablished a habit of evening inventory, just before bed. I figured out several things that are most important to my daily success and my daily growth. Every night I rate how I did with them, including, getting to bed on time, not wasting time game-playing or TV-watching, calling a home group member, preparing my clothes for the next day, accomplishing the goals of my job, and so on.

Between my daily awareness of my missteps and the love of my fellow home group members, I *am* changing. My spirit is easing and, along with that, "life's terms" are also.

This year, I look forward to my anniversary. To enjoy it. To celebrate it. To be grateful for it.

AJ H, New Jersey, USA



Editor's note: Read AJ's January 2017 article at

www.naway.org or click [here](#) for a downloadable copy.

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: Dave T, California, USA

Correction and apology: Sign language translations

In the October 2017 *NA Way*, we included an article seeking recordings of sign-language translations from NA conventions and other events. The article was accompanied by a photo of the letters "N" and "A" in American Sign Language which we, unfortunately, labeled incorrectly. We did not realize our mistake until after the magazine had been printed in English, so we were unable to correct that version, but we did make the correction in the electronic English version and in all of the translated versions. We sincerely apologize for our mistake.

Sign language translations

Does your NA convention or event provide sign language translations of speakers? And do you record their translation services? If so, we're reaching out to you to help us better reach out to hearing-impaired and deaf NA members. Sign language translation recordings would be a valuable addition for many NA communities—and you can help us make them available at www.na.org/localresources. This webpage includes NA service resources and tools from around the world—all made available for you to download and adapt as you wish in your NA community. If you have sign language translations of NA speakers, or if you're seeking this type of resource, please contact us at fsmail@na.org.





Aging in recovery

I stood on her doorstep with my bouquet. I knocked one last time, knowing she would never answer. I left the bouquet leaning against her door so that it would fall inside, rather than into the bushes, if she chose not to touch them. I tucked my card deeply into the roses. In it, I thanked her for all she had done to save/enhance my life: all the Steps we worked, the times she drove to my house when I couldn't reach out, the holidays we spent together, the financial support we gave each other when it hit the fan. Eighteen years, and it was over. She no longer answered the door, her phone, notes on her car... I was beginning to feel like a stalker. I called a woman with more cleantime than me, and she said I should stop "inserting myself into someone's life who did not want my presence." I asked this new mentor to be my sponsor. I felt like a traitor, but I needed to stop reading my inventories into an unresponsive voicemail account.

I learned that the reason I had not seen my old sponsor in meetings was that she was only attending "Illness in Recovery" meetings. Now, having only attended one of these meetings, I considered myself an expert. In my infinite wisdom and judgment, I decided that these meetings were for those who were dependent on medication. Quite a switcheroo for my old sponsor, who had come from the "Don't take nothin' no matter what" club; this was someone who had once admonished me for sharing after using my asthma inhaler.

Years passed, and I had moved on with my new sponsor, who was active in meetings, service, and Steps. Every few years, I would see my old sponsor taking a medallion at our monthly birthday meeting, and it was painfully obvious that she was in serious decline. Hunched over a walker, with her head proudly jutting forward, she'd haltingly propel herself up to the podium to announce her cleantime. The room would stand, stomping and whistling as she slowly shuffled back to her seat. She was the portrait of physical pain and no-matter-whatness. It was blatantly obvious that she was pushing through insurmountable physical odds—clean. So much for my judging "Illness in Recovery" meetings.

I am now ten years older, and the simple act of moving is painful. I have a number of chronic conditions I won't bore you with, but suffice it to say, two patients of a doctor made famous by offering euthanasia services had what I have and couldn't bear it anymore. I am not the Lone Ranger; many of us oldtimers are aging in recovery and living with irreconcilable pain.

There are many schools of thought about what is appropriate when aging in recovery. Some folks "don't take nothin' no matter what." Some folks follow doctors' orders. Some smoke or vape "medical marijuana." Here are some of the methods I use or have used: NA literature, service, inventories; ibuprofen, hot and cold packs, acupuncture, massage, a wheelchair (for a year), nerve block injections, and steroid injections; fibromyalgia medications; hypnosis, mindfulness, TENS units, and chiropractic; Eastern medicine, teas and supplements, physical therapy, water therapy, gym attendance, stationary bike, recumbent bike, elliptical trainer, and yoga; casts on my leg, two hip surgeries (and prescribed medication during and briefly post-surgery), daily stretching, and mobility scooter; praying, meditation, writing, crying, complaining, crawling, and begging; working with others, making art, animal therapy, anti-inflammatory diet, more rest, and more meetings; knee, ankle, and back braces; crutches, canes, razor scooter, golf cart...and probably more.



My point is that I live my life rigorously searching for relief. And, yes, it is insane. But it is my life. It is what I do to feel as safe as I can from the horrors of addiction. It is my path, not yours. It doesn't make me any more right than you. You have your path, and it may not be anything like mine.

It used to be convenient to say and think that Narcotics Anonymous had no real cleantime, and that all the members were young. Today, this is a total falsehood. We now proudly boast innumerable members with over 20 years clean, many over 30, and even a respectable number over 40. A population of seniors in recovery is blooming in NA. And it hurts. It hurts in a number of ways.

We sit in meetings (those of us who drive or ask for a ride), sharing only when called on, some of us struggling to stay awake while hearing basically what we have heard for 365 days × 40 years. The most profound part of our share is the fact that we still occupy a chair. Members expect us to have all the answers, be gracious and wise, be nonjudgmental of the circus around us, and do all of this with the peace of Buddha. If we are grouchy, then we are assured by newer members that when they have our length of cleantime, they will have a much better program than we have. Possible. Very possible.

Karin B, California, USA

Sponsorship

When I first began attending twelve-step program meetings, I heard, "Get a sponsor and work the steps." I didn't know what they were talking about. One evening, while I was standing around after a meeting, a man walked up to me and asked, "Do you have a sponsor?" I said I didn't, and he offered his services. I had no idea what sponsorship entailed or what his role would be in my life. As with most social situations I found myself in at that time, I wanted to fit in, so I agreed.

Because I didn't understand what sponsorship meant, he remained my ornamental sponsor for quite some time. It took dating a woman in the Fellowship



for me to get a clue. When I found myself in an embarrassing, painful, public break-up with a popular woman who processed her feelings about me and our breakup by putting me "on blast" in meetings, I began to call my sponsor more frequently. Hurt, angry, and resentful, I started reading the literature and going to additional meetings. Having committed to twelve-step recovery, I refused to leave the program. Together, my sponsor and I worked up to the Fifth Step. At that point, he rekindled a relationship, got married, and moved away.

Enter my second and current sponsor. By that time, I had realized the importance of NA Stepwork, and I wanted to complete the process I had started. Spiritual smugness felt too good to stop working the Steps. My new high became walking into meetings and comparing myself to others who were not working the Steps. That downward comparison became my new fix. I chose my next sponsor after observing him in meetings. He possessed numerous qualities that made him ideal for me, even if I didn't know it at the time. He seemed to lack anger, hostility, and authoritarianism. He appeared calm and relaxed, which attracted me because I never felt safe around angry, hostile authority figures.

Like any addict, I am recovering from turning to drugs rather than people when I feel anxious or overwhelmed. I'm recovering from immense shame that makes me fear intimacy. I often projected my problems onto women, blaming them for my internal discord. As my recovery progressed, awareness shed light on my problems with male role models. I began to recognize misinformation I received from men and society about masculinity and manhood. Through my relationship with my sponsor, I have been able to

not only explore my emotional life, but to take responsibility for it, remain drug-free, and cultivate happiness.

Somehow, recovering addicts before me discovered an effective way to recover from trauma. I always found myself hurt by the people I was in relationships with. Addicts understood that recovering people would need to turn to the very thing that may have harmed them—relationships—in order to heal. From trial, error, and ingenuity, they created sponsorship.

As I progress through recovery and the Twelve Steps, my relationship with my sponsor deepens. Working with him and exploring my emotional life improves all my relationships. As we learn from our literature, "...we do not work the NA program in isolation" (*Sponsorship*, Preface), and we don't heal in isolation. Through sponsorship, I practice honesty, open-mindedness, courage, willingness, and vulnerability. Sponsorship taught me how to trust myself and others.

When men stop fronting on each other, drop their masks, and share their emotional lives with each other, we develop intimacy. Many men never get that opportunity and can later end up placing too much weight on women to care for them emotionally. With no men to bond with and placing too much emotional weight on women, we lose.

Last week, while sitting on a bench talking to *my* sponsee, I saw my sponsor in the distance, walking to his car. I felt emotional as I thought about how long he and I have worked together, how much I have learned about myself, and how much my heart has expanded due to our relationship. When anyone complains about their relationships, I remain silent. When others lament about unhappiness, I yield the floor. When someone gripes about being lonely, I

stand down. Today, those are not my issues. Through sponsorship, I have been able to improve mutual satisfaction in all my relationships. Considering my sponsor's role in my recovery, I felt myself getting emotional. My eyes began to well up and my heart felt full as I watched him walk away. I believe in the therapeutic value of one addict helping another.

Gerald C, California, USA

A journey of more than 51 years

A few days ago, one of our fellow NA members in Northern California blew out the candle on his 51 years cleantime cake. I'm an Iranian member of Narcotics Anonymous who came into the rooms 44 years after him. I called him from Iran and asked him some questions about his life and the story of our Fellowship. Here you can read our Q&A.

Q: How did you stay clean for 51 years?

A: *By following directions, listening... When I want to talk, I should listen and pay attention. It's one step at a time in more ways than one. It's one step with my own feet and it's one step with the Steps and Traditions. I had a very good sponsor and he helped me out a lot. I depended on him a lot. He didn't make suggestions; he basically told me what to do. I got involved in service and that helps a lot—service to individuals through sponsorship and service to the Fellowship like working with the area and region and that sort of thing. I stayed because I had no other options. The options besides staying clean are jails, institutions, and death, so I used to stay clean out of fear; now I stay clean for joy and loving life the way it is clean. (I'm not very long-winded, so you'll have to pull things from me, hahaha.)*

Q: Do you still have a sponsor?

A: *I have a sponsor and several "sub-sponsors," and all of my sponsees—I use them to help me too. When they call me for help, I also turn it around and they help me as well. I've had many sponsors because age has caught up to many of them and they are not with us anymore.*

Q: Do you think your sponsor should have more time than you?

A: *My sponsor doesn't have more time than me, but he's very good. If I had to have someone with more time than me, I'd have a very hard time because there are only a couple, and they don't live where I live. I've had two sponsors who had less time than me. I don't think having time is as important as what they do with their time. There are different kinds of qualities. The guy I have isn't impressed with my time at all. He's very honest with me, tells me straight up, and I really appreciate that. Some people are afraid of saying something that people won't like, and I'm sure I'm not going to like some of what I hear. Usually the good things that are told to me are things I don't really want to hear, but when I ask for help, I'm obligated to follow the direction I receive.*

Q: What is your opinion about the "desire" to ask for direction?

A: *I could talk about desire all day long. Our [Third Tradition] used to say "honest desire to stay clean," but we later dropped the word "honest" because no one can judge that. So it's just a desire to stay clean. If you don't have a desire, you would have no hope. It just starts as a little flicker, and as you stay you nurture that flicker into a flame. The Third Tradition is such a good one.*

Q: Are you still willing to change?

A: *It's a good question. I drag my feet a lot (it takes me a while to do things), but if I wait too long, it gets too painful. I'm not automatic in doing the right thing; I still make mistakes.*

Q: STILL?!!!

A: *Yeah, haha. I sometimes still say things that I shouldn't say, and I need to quickly make amends for that if I speak out of turn. The good thing to do is to sit down and think about the decisions I make. Anyway, the stepwork I do is to clean up the wreckage of the present. I've pretty much covered the past before I got clean, but there are things that have happened since I've been clean that I need to stay on top of.*

Q: At what age did you get clean?

A: *The first time I was 24, but nothing happened there. I met a few people I really liked, but I wasn't ready. I wasn't ready to get clean. I was only around for maybe two months. Then I got into a lot of trouble, and I got back to the rooms when I was 27.*

Q: So you're 78 years old—but your voice sounds younger?!

A: *That's because I'm immature. Ha! Plus, I hang out with younger people, which helps keep me going. I also work physically daily, I stay in pretty good shape, and I think I have good genes.*

Q: Did you meet Jimmy K?

A: *He was the most energetic person I know. He loved this Fellowship, and he went through a lot of problems because the Fellowship almost fell apart. But he had great suggestions; he was a stickler on Traditions even [before we adopted AA's traditions]. So, he was strict with the Traditions even though some other NA members were not. He left for a little bit, but it got so bad that later he and a few others came back.*

When I first came to NA, there were only 20 to 30 NA members, with about five meetings in the Los Angeles area. When I came back in 1966, there were maybe 50 NA members. [Several people I had met] when I first came around had moved to Northern California in the San Francisco Bay area. At a year and a half clean, I broke my leg. I knew that I couldn't afford to see a doctor, so I got a trailer and moved up to the Bay Area, and I've been here ever since. For a while I moved to Sacramento, and for a while I commuted to Alaska. Mostly I lived in the Sonoma area. When I first got here, I mostly went to AA because there was no NA. There were some guys that had other issues besides alcohol like pills and such, so they asked if they could start an NA meeting. It's grown a lot; it's a large Fellowship with a lot of people with 30 or 40 years clean.

Q: We feel like we owe a lot to you guys in the States. We now have almost half a million recovering addicts here in the [Iran Region](#). We have many regular meetings, even in the remote villages. So what is your message to the members of Iran?

A: *Keep doing what you're doing! That's amazing! I have to thank my predecessors, too! I have to thank the guys who went out and started the first meetings out in Iran. Those people must feel so great by how quickly NA has grown. When I hear these kinds of stories, it just gives me more hope, and it makes me feel like whatever I go through, it's worth it! It's just awesome what you do there, so keep it up.*

Arash S, Karaj, Iran

Prescribed for pain

I got clean in Houston, Texas, in 1984, and I have been clean since then. One of the few things I have done consistently well over the years is attend meetings. Our literature states that it is best to attend meetings "regularly." For me, *regularly* has varied a bit over the years. The first few years I was clean, regularly was five or six meetings a week. When I was working full time and my kids were little, I usually hit two to three meetings a week. Whatever the season of my life, my meeting attendance was always consistent, and they were always NA meetings. That is what has worked for me.

At all these meetings, I have heard many relapse stories. I listen carefully because I want to learn from other addicts' experiences and mistakes. Relapse stories vary widely, but one thing I have noticed through the years is that more and more often relapses involve prescription medications. Even if I believe my recovery is strong, as I get older and experience more pains and health issues, this hazard is becoming more real for me! Here are a few questions I believe I (we) can ask myself (ourselves) to be vigilant in our recovery if I am (we are) prescribed medication:

Am I taking it as directed? Do I look forward to when the next dose is due? Does it have street value? Do I ever trade, sell, borrow, or loan out doses? Am I reluctant or embarrassed to tell others I'm taking medication, even my sponsor? Do I guard my supply or feel anxious when it is getting low? What sort of space, time, importance, or mental energy does this occupy in my mind and thoughts? What have I heard or learned from other recovering addicts regarding similar situations to mine? Am I open-minded? What is the condition of my connection to my Higher Power?

The need to take prescription medication doesn't have to be a controversial issue. In Narcotics Anonymous, narcotics are not an outside



issue. It is our privilege and responsibility to share whatever experience, strength, and hope we have that might help another addict. These questions help me, and I hope they might be useful to others.

*In loving service and with a very grateful heart,
Diana J, North Carolina, USA*

When my sponsor relapsed

I found my fourth sponsor when I was six months clean. She had exactly what I wanted when I met her: longevity in the program. I was desperate to find that special person, and there she was, accepting her six-year medallion in the church basement at the only Narcotics Anonymous meeting within twenty miles of my home. To me, six years clean seemed like forever, and if she had that kind of recovery, she was just the one I had prayed for the God of my understanding to help me find.

The gift of desperation was completely on my side in early recovery. Following my sponsor's suggestions was a matter of life and death to me. I feared the feeling of failure if I relapsed. With fear driving me, I was willing to go to any

lengths to stay clean. My sponsor was a cornerstone of my recovery foundation that allowed me to climb, day by day, out of the pit of insanity. I depended on her encouragement, patience, love, and friendship as she guided me through the Steps and Traditions. She listened for ten hours as I shared my Fifth Step with her on 30 September 2014—a day I will never forget. I trusted her guidance and suggestions. The spiritual awakenings and growth I experienced during my first four years in recovery were amazing. I was confident that I had my lifelong sponsor, and that I was set!

About six months ago, shortly after celebrating ten years clean, she disclosed that her chronic medical problems (coupled with anxiety, depression, and other family issues) were weighing on her so heavily that she had called her own sponsor, struggling with thoughts of using. I was glad to hear she was doing what the program teaches us. That gave me confidence that she was doing the right things for her recovery. A week later, she called me again, saying she needed to talk to me about something important. I listened in disbelief as she explained through tears . . .

**Editor's note: Read the rest
of Gwen's experience
in the electronic
NA Way Magazine.**



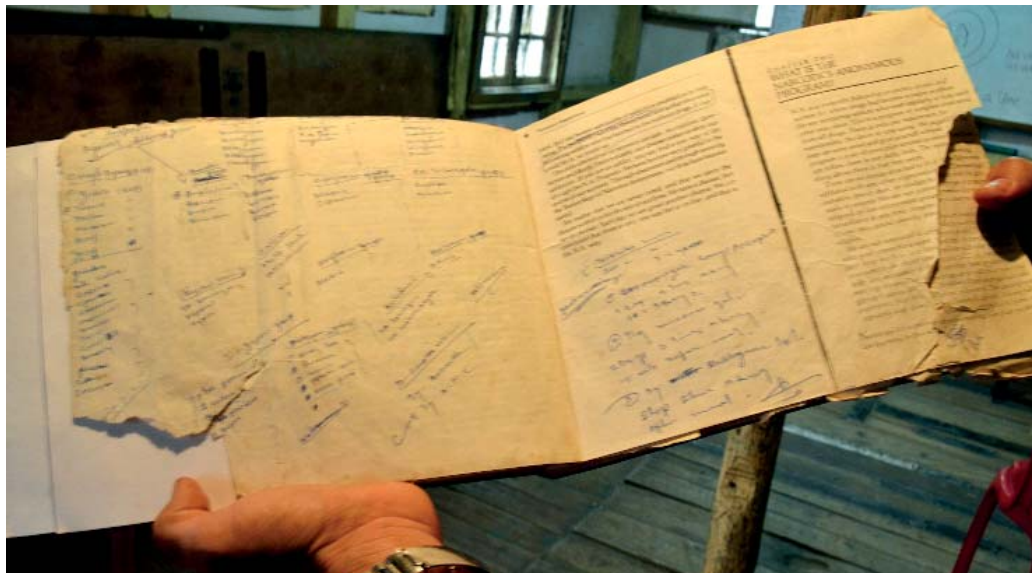
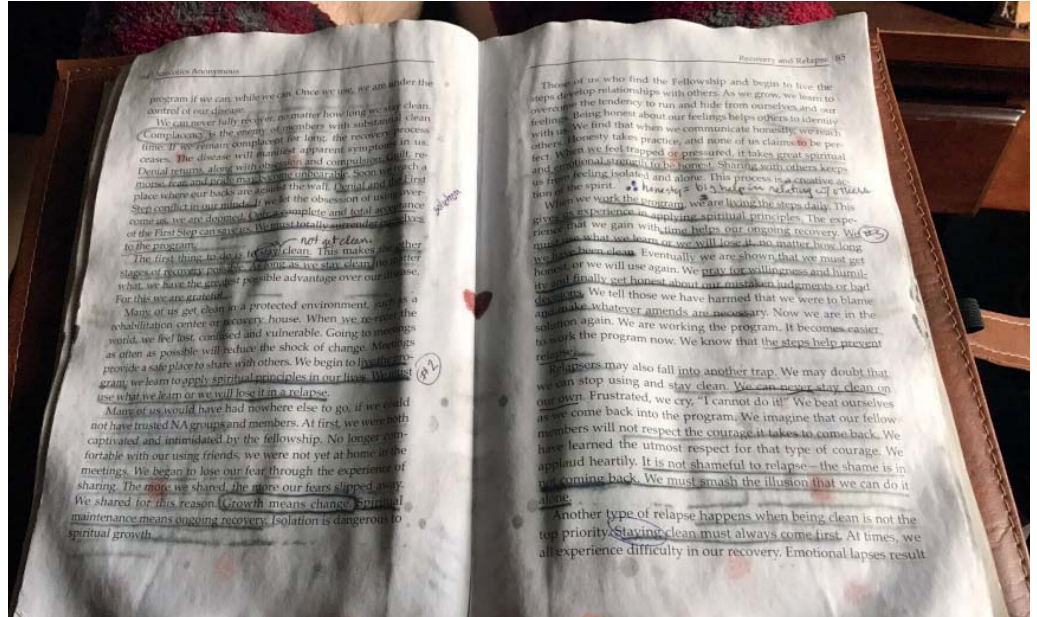
PICTURE THIS

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.

No coincidences

I sent this photo to my sponsor showing how my Sixth Edition Basic Text was damaged when I left it out in the rain. I opened the book to a random page to take the picture. After sending it to my sponsor, I noticed the red mold had formed a perfect heart in the binding at the exact center of the page. There are NO coincidences. I am not replacing this Basic Text! Gratitude.

Brett L, Illinois, USA



Shared Basic Text

This well-used copy of the Basic Text was shared by recovering addicts at a rehab center in Kohima, a town in the state of Nagaland along the northeastern border of India. Readers' notes fill the blank spaces, while the printed pages show signs of many hands seeking recovery. The meeting room is also located at the same rehab center in Nagaland.

Anonymous, California, USA



Making history in the Middle East

The Fifth NAWS Middle East Workshop (ME 5) was scheduled as part of an ongoing Fellowship development commitment NA World Services made to assist and support Fellowship services in Middle East NA communities. NAWS is helping to facilitate communication and collaboration among Middle East NA communities. This trip was also planned in direct response to the [NA Kuwait](#) community to help welcome and integrate an influx of recovering women.

As is our practice, our NAWS travel team squeezed several activities into this early November trip to cover as much ground as possible. Our time in the [United Arab Emirates](#) (UAE) included many events: participation at the International Society of Addiction Medicine annual conference in Abu Dhabi with support from local and [Egyptian members](#), a public relations presentation to community and government representatives coordinated by the local PR committee, a two-day Middle East Workshop open to all service members, a one-day workshop for Iranian trusted servants, and a two-day meeting of the Arabic Translations Committee. Following the Dubai workshops, we traveled to Kuwait City, Kuwait, for two days of Fellowship development workshops with an emphasis on FD for women in Kuwait.

Public relations event

The audience for the half-day PR event in Dubai included local treatment professionals, senior corrections officials, a senior member of the Ministry of Education, several members of the Community Development Authority, other interested members of the public, and NA members. A highlight of the session was the director of prisons addressing the workshop, saying that the event changed his perspective about NA and that he hoped NA meetings could begin in UAE correctional

facilities. In an unexpected moment, the mother of an NA member spontaneously stood and gave a powerful account of her son's recovery in NA. Attending officials noted the role of families in addiction and recovery. They encouraged and offered support to the mother to establish Nar-Anon in the area, which she is now pursuing.

Arabic language translations committee

The Arabic Language Translations Committee (ALTC) is unique. It is a NAWS workgroup composed of members from Saudi Arabia, Kuwait, Egypt, and Bahrain, with Qatar and the United Arab Emirates recently joining the effort. The committee is excited that we are wrapping up work on *It Works: How and Why* in Arabic at the World Service Office while they are finishing their draft work on the Arabic *Just for Today* translation.





FELLOWSHIP DEVELOPMENT



Middle East workshop 5

Our Middle East Workshop began on Friday, 3 November 2017, with a focus on the history of NA's progress in the Middle East since the first workshop held in 2005. Members presented information on growth and development in their respective NA communities. With a couple of hundred passionate NA members speaking multiple languages, we provided presentation and discussion materials in three languages: Arabic, English, and Farsi. This was a challenge, but members focused and made it work.

The audience included 6 registered from Bahrain, 15 from Kuwait, 20 from Saudi Arabia, 8 from Oman, 125 from Iran, 20 from the United Arab Emirates, 7 from Egypt, and 2 from our newest NA community, Sudan. Members from Afghanistan tried to attend the workshop, but were unable to obtain visas. The spirit in the room was optimistic, grateful, and loving. The Arabic-speaking communities explored ways to collaborate. Their pledge to work together is historic, and ten members representing the attending communities are determined to help move things forward. Since the event, eleven members from five countries have met virtually twice and we are grateful for their enthusiasm, spirit to serve, and communication. The ability for NA to transcend the usual barriers of different cultures and communities to come together to help suffering addicts is extraordinary.

We were pleased to welcome two additional Kuwaiti NA members and a counselor, who brought with them ten recovering women from Kuwait to attend portions of our workshops. These women actively participated from their "women's table," and we got to know several whom we encountered in our Kuwait workshops. When we arranged for a women's meeting one evening, they all showed up and there was heartfelt sharing. Many of their concerns are the same as those of recovering women all over the world.

The struggle for women to have access to meetings and to participate in service in the

Middle East was apparent. There were no women funded to attend the workshop because attendance was by service position, and there are no women in area or regional service positions. However, several women from Kuwait, Iran, Bahrain, and the UAE attended on their own funding. None of the half-dozen recovering women we met in Oman last year attended this year.

The three Saturday workshops covered public relations, including activities and efforts by NAWS, Egypt, and Iran; Future of the Narcotics Anonymous Middle East Convention (NAMEC); and Collaboration in the Middle East. Following that, Egypt, UAE, and Iran gave local updates. The PR statistics from Iran were staggering: more than 250 active PR committees with well-organized, focused PR efforts and accomplishments, including a presence in every prison in the country. Iran H&I has 1,402 panels in 213 jails with 4,000 trusted servants carrying the NA message, and they reported similar numbers of panels in treatment centers.

The Future of the NA Middle East Convention (NAMEC) and Collaboration in the Middle East began with a discussion on two topics. First was whether the communities want to remain involved with NAMEC and the second was exploring other types of collaboration between the communities. This convention was a priority that came out of an earlier ME workshop, and there is no other gathering of these communities to hold this discussion. In the world as it is today, the largest challenge has been finding locations where members from all of these communities can attend. Although this is one of the most expensive workshops we hold, it has served an incredibly useful purpose in connecting members and service committees. The consensus of the Arabic-speaking communities was to remain involved with NAMEC. Iran deferred the question to consult with their region; however, that afternoon the chair of the Iran Region addressed the group, saying that the message and heart of NA crosses all borders and that Iran is committed to supporting all the communities. His message was well received.



Iranian service workshop

The Iranian Service Workshop on Sunday was well attended by the regional committee members from all 29 areas and other regional service committee trusted servants—about 120 members. In the Unity session, participants discussed Tradition One and the importance of serving with spiritual principles. Attendees then identified the region’s top three challenges and considered approaches to working toward solutions. Iran has organized its service system based on [A Guide to Local Service](#). Recognizing NA’s unprecedented growth in their country, we expressed how inspiring their success is to the rest of the Fellowship.

Kuwait: Women seeking recovery

We continued on to Kuwait where we did two days of workshops at a local women’s treatment center and halfway house. This FD trip was specifically requested by the Kuwait area service committee in response to an influx of women seeking recovery in NA during the past couple of years. The total number of women in recovery in Kuwait is currently about 58; most are Kuwaiti, and there are several Saudi and Egyptian women. There are a couple of women’s meetings within the confines of the women’s treatment center and one outside of the center. A few women attend mixed meetings on occasion. The previously almost exclusively male NA community is exploring ways to initiate appropriate contact and integration of the women into the Fellowship. There are but one or two female sponsors, and

one of the trusted long-term male members found himself sponsoring most of these women.

Approximately 30 women came to the first day’s workshop, which ended up lasting four hours. Because they do not have access to varied recovery stories from outside the area, they were keen on hearing our recovery experience, so we were able to share shortened versions of our stories. In addition to presented information, we had a Q&A session with questions on the Steps (especially Steps Four and Six); sponsorship; service commitments; and relationships with self, a Higher Power, and romantic partners.

The next day was a similar format with approximately 130 local attendees, representing approximately 50 percent of the entire local NA community, including 13 of the women who participated the previous day. Many questions were submitted in Arabic, so we used interpreters, which slowed things down, but we were able to cover many topics including spiritual principles, recovery and relapse, service, and sponsorship. As on the previous day, many attending women took notes for themselves. It was a joy that several of the women joined for fellowship dinner after the workshops on both days, where, of course, more experience was shared and questions answered. Since our departure, we have been told that the women were given another workshop by an experienced member, and they are going to attend the next ASC meeting.

Like PR efforts, the impact of Fellowship development work can be difficult to measure. This is why our commitment to the development of NA in the Middle East is ongoing. The levels of connection, communication, and collaboration between the different communities and NAWS were strengthened in the course of this trip, contributing in incalculable ways to the ongoing growth of Narcotics Anonymous in the Middle East.

NA Meetings in the Middle East



21,168 NA Meetings in the Middle East



In 2005, NA in the Middle East looked like this.

NA in the Middle East has grown to more than 21,000 meetings (as of April 2016), with more now being added in the newest community, Sudan.



SERVICE CENTER

Translating the NA message

“Every addict in the world has the chance to experience our message in his or her own language and culture...”

Narcotics Anonymous is a worldwide Fellowship whose primary purpose transcends national boundaries, cultural barriers, and linguistic differences. And, once the NA message surpasses those confines and comes to rest in a particular place, local members have to figure out how to communicate it in their own language. That’s where the literature translations process comes into play—a collaborative effort between NA World Services (NAWS) and local translation committees (LTCs) to ensure conceptual fidelity of the NA message.

The LTC is key to successful translation of our message. LTCs need to have members with some recovery time who are familiar with NA’s Steps, Traditions, Concepts, principles, and “NA language,” and who are proficient in the local language. At least one member—preferably more—should be skilled in both English and the local language. NAWS staff provides information and support, especially in considering cultural concerns and challenges that may affect conceptual fidelity of the NA message.

Some of the terminology used in NA literature reflects its American origin, and some of it is American slang, which can be misunderstood in direct translation. Phrases such as “give yourself a break” and “easy does it” are examples. NA also has its own unique language. This includes phrases like “spiritual disease,” “Higher Power,” and “the disease of addiction,” and words such as *surrender*, *self-will*, *powerlessness*, *amends*, etc. When we translate, it is most important that the concept and spirit of the expression are conveyed, and not always so much the actual words. Many times, there is another more culturally relevant expression that conveys the meaning much better. Other times, the original phrase is the only one that works, so the phrase or term must be translated literally. These types of decisions are made on a case-by-case basis, and many are made based on what has been established in the recovery glossary.

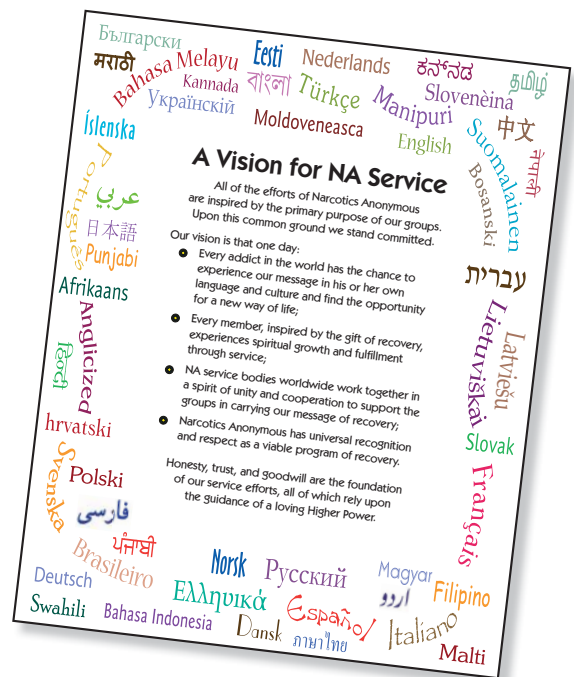
The recovery glossary contains key words and phrases that are specific to NA, as well as principles including the Twelve Steps and Twelve Traditions from IP #1: *Who, What, How, and Why*. This is what we call “NA language.” Carefully translating these fundamental concepts ensures that future translation

work accurately reflects the NA message. Once completed and approved, the recovery glossary is used as a “dictionary” for all future translations in a particular language.

Translating **IP #1** first makes sense for many reasons: It is a manageable size, and its completion and approval help to instill a sense of accomplishment in the local NA community. IP #1 provides addicts with the basics in their own local language—a very helpful recovery pamphlet for members in their community, and one that might be used for Fellowship development and public relations efforts. After gaining this experience, the LTC can take on other projects, building on their success with IP #1 with the next item, **IP #7: Am I an Addict?** as a “companion piece.”

Once a first translation draft is created, NAWS translations staff and the World Board coordinate the evaluation process—a series of steps designed to ensure conceptual fidelity of the translations. We want to ensure that the translation remains as true as possible to the original, that specific, crucial concepts are maintained, and that the piece is clearly reflective of the NA program and philosophy. At the same time, the evaluation also considers cultural adaptations recommended by the LTC.

The evaluation process is a cooperative effort between NAWS and the LTC. The evaluator’s comments are by no means the final word; they are forwarded to the LTC so that the LTC members can discuss the input and provide staff with



This variety of colors and typefaces represents the languages in which our NA message is currently published. The diverse cultures and languages of our translated message link recovering addicts around the world and offer hope to the addict seeking recovery.

NA SPEAKS 82 LANGUAGES

53 published languages in RED based on IP #1



feedback about word choices. Communication between the LTC and World Services regarding word choices and any need for adaptations will continue until everyone is satisfied with the translation.

The final draft is then reviewed, professionally proofread, and corrected by translations staff, a proofreader, and the LTC until it is error-free. This is a circular flow that may involve several turns of proofreading and editing. It is a “we” process, with everyone working closely together. The translations system ensures that everyone is on the same page each step of the way and that we work together to resolve specific language or cultural issues. Once we have a final file, typesetting usually takes place at the World Service Office, which means the words are laid out in a format for publishing. Next, the typeset product is proofread, and if there are any last-minute issues or adjustments, the LTC is consulted. A copy of the “camera-ready art” (the master for printing) may be sent for a last look-over and sign-off.

Even with this painstaking translations process, it can be difficult to pinpoint the right meaning.

In early February 1998, we communicated with the Farsi LTC in Iran about the difficulty of translating particular sayings into the local language. For example, “once an addict, always an addict” was translated as “the camel which has slept at your door will not stand up again.”

And in Latvian, this phrase was first translated to “a dilled pickle can never be a fresh cucumber again.”

An early attempt at the Zulu translation for “It can, however, be arrested at some point, and recovery is then possible” was “It can, however, be *toned down*, and then recovery is possible.”

One of the evaluation methods includes converting translations from the local language back to English. In one such example, in Korean, a line from a personal story translated back into English as “I put a *tacky clothes* on the chest of drawers” instead of “I put a *git-up* on the chest of drawers.” This was later corrected to “I put the drugs on the chest of drawers.”

Machine translations

Translations are a creative process that requires humans. Computer-generated or “machine” translations may serve as easily accessible tools for quick, informal communication, but even the best technology doesn’t adequately capture the soul and spirit in the original language, especially considering NA’s unique language and the effect of local culture and language.

Unfortunately, we have encountered some examples of machine translations that did not clearly reflect the NA message. For example, a T-shirt for the East Africa Convention offered the message “One Promise: Freedom from Active Addiction.” One machine translation of this message from Swahili (uhuru kutuoka kwenye uraibu kamili) to English was “freedom of rituals in full deception” and by another as “freedom to sneeze in full dungeon.”

In another situation, a social media post included a diagram entitled “NA Service Structure” and the Swahili translation included in the post was “mfumo wa huduma za NA,” which was the correct translation; however, the machine translation offered by the social media site was “service of the service service.”

Sometimes the mistaken translations can be humorous, but more worrisome is the possibility that machine translations can send an inaccurate impression of what the NA program is. Especially in places where NA is just beginning to establish a reputation, relying on machine translations is a risky proposition.



Natural disaster support

NA communities may be devastated by natural and other disasters. Literature and meeting materials may be lost or ruined and groups may not have funds to replace them. We understand that there are likely other issues of importance to sort out first, but when the groups are ready, and in need, we are here. In these cases, World Services can provide support and materials to help local groups get back on their feet so they can continue to carry the NA message.

World Services works directly with local NA members and trusted servants to determine exactly what is needed, and to ensure that materials end up with local groups and service bodies. So, while it may not always be practical for individual members, groups, or service bodies to directly support an NA community in crisis, contributing to NA World Services is a way to make a direct difference—to help ensure that NA groups and service bodies have what they need so that addicts seeking recovery can find Narcotics Anonymous.

For assistance, please contact worldboard@na.org.

To contribute, please visit www.na.org/contribute.

WCNA 37 Speaker Evaluators



We are still seeking volunteers with at least five years clean to participate in the WCNA 37 **speaker evaluation process**. The commitment requires reviewing speaker recordings over the next few months (January 2018–March 2018). **If you are interested in serving as a speaker evaluator**, please complete and submit the form at www.na.org/wcna before 28 February 2018.

I am interested in serving as a speaker evaluator.

first name _____ last/surname _____

address _____

city _____ state/province _____

country _____ postal code _____

clean date _____ telephone _____

email _____

**Complete and submit this form online at www.na.org/wcna or print and send form by post to:
NA World Services – WCNA 37 Speakers; PO Box 9999; Van Nuys, CA 91409 USA**

WCNA 37: THE MAGIC IS ^{Still} REAL

30 August–2 September 2018
Orlando, Florida, USA

YOU ARE ENTHUSIASTICALLY INVITED

Join us for the 37th World Convention of Narcotics Anonymous in the beautiful, fun-filled city of Orlando, Florida, the most visited city in the United States. Local members from throughout Florida are preparing to welcome us and share their love and hospitality. NA members from every corner of the world are excited about this NA World Convention, so join in to help make this one of our most diverse and well-attended Conventions.

REGISTER NOW

to ensure that you will be celebrating your recovery in Orlando with other addicts from around the world at WCNA 37!

WHY PRE-REGISTER?

- ① Your pre-registration **helps us plan** an event that best accommodates attendees while prudently using Fellowship funds.
- ② WCNA 37 is a **registration-required** event: A registration badge is required to enter all parts of the Orange County Convention Center except the registration area.
- ③ Your registration badge gives you **admission to nonticketed events** like coffee houses, dances, and other events.
- ④ **Ticketed events seating is determined by pre-registration date** (not the date you purchase the tickets).
- ⑤ Pre-registration closes 31 July 2018; after that, **general registration will be \$125**.
- ⑥ Pre-registrants have **access to the onsite merchandise store on Thursday** (onsite registrants will not have access until Friday).
- ⑦ **All members who pre-register by 31 July 2018 (without cancellation) will be entered in a drawing for two full convention packages, including registration and all WCNA special event tickets!** (Does not include pre-registration merchandise.)

HOTEL ROOMS ARE BOOKING FAST!

While we realize many people are accustomed to booking rooms on their own, it really helps WCNA when you book rooms in our room block. **As an encouragement to pre-register and book rooms in our room block, if you do so by 31 July 2018 (without cancellation), you will be entered into a drawing for a free, three-night stay.** We will randomly select three pre-registrants and cover their room and tax charges for the Thursday, Friday, and Saturday nights of WCNA. So book now to ensure that you'll be included in the drawing!

ENTERTAINMENT

We are excited about the entertainment line-up for WCNA 37! We're still working out arrangements on some events, but you can check out details for the Thursday Blues Lunch, Friday Morning Jazz Brunch, Friday Night Comedy Show, and the Coffee Houses at www.na.org/wcna. Remember, your seats for these ticketed events will be assigned based on your registration date, not the date you purchase the tickets. The key to getting the best seats is to register early!

For WCNA 37 registration, hotel reservations info, and updates on program and entertainment, please visit www.na.org/wcna.



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

Western Australia 9-11 Mar; Western Australia Area Convention; Rise Function Centre, Perth; wana.org.au

Canada

Ontario 16-18 Feb; Toronto Area Convention 10; Marriott Downtown Eaton Centre, Toronto; torontonaconvention.org/

Prince Edward Island 28-29 Apr; Clean & Straight Group Unity Days 19; Saint Paul's Parish Centre, Summerside; carna.ca

Quebec 2-4 Mar; Youth Convention 22; Hotel Château, Joliette; naquebec.org

Nepal

Chitwan 2-4 Feb; Chitwan Area Convention 2; Narayani Resort Gaidakot, Chitwan; event info: 9865350602

Norway

Trysil 11-18 Mar; Ski&Recovery; Trysil; nanorge.org/arrangementter

Poland

Miętne 23-25 Feb; Regional Group Assembly; Powiatowy Osrodek Sportu w Miętne, Miętne k/Garwolina; anonimowinarkomani.org

Thailand

Bangkok 2-4 Mar; Thailand Regional Convention 11; Rembrandt Hotel, Bangkok; na-thailand.org/index.html

United States

Alaska 23-25 Mar; Kenai Peninsula Area Women's Spiritual Retreat; Solid Rock Bible Camp, Soldotna; event info: Kenai Peninsula Area; 11312 Kenai Spur Hwy; Unit 71; Kenai, AK 99611

Arizona 9-11 Mar; Mexico Arizona California Convention 9; The Shilo Inn, Yuma; maccna.org

California 16-18 Feb; Circle of Sisters 21; Hyatt Regency San Francisco Airport, Burlingame; circleofsisters.org

2) 29 Mar-1 Apr; Northern California Regional Convention 40; San Jose Convention Center, San Jose; norcalna.org

3) 30 Mar-1 Apr; San Diego/Imperial Counties Regional Convention 33; Manchester Grand Hyatt, San Diego; sandiegona.org/san-diego-imperial-counties-regional-convention

Florida 23-25 Mar; First Coast Area Convention; Lexington Hotel & Conference Center, Jacksonville; firstcoastna.org/index.htm

2) 13-15 Apr; North Dade Area Convention Addressing Recovery 4; Ramada Plaza Marco Polo Beach Resort, Sunny Isles Beach; speaker tape deadline: 31 Jan; northdadearea.org

Georgia 2-4 Mar; Recovery in Action Newcomer's Event 4; Clarion Suites & Conference Center, Savannah; write: Kickin' It Clean/A Power Greater than Ourselves; Box 5216; Savannah, GA 31414

Idaho 6-8 Apr; Southern Idaho Regional Convention 29; Best Western Inn & Convention Center, Burley; speaker tape deadline: 1 Feb; sirna.org

Indiana 23-25 Mar; Indiana State Convention 25; Wyndham Indianapolis West, Indianapolis; isnaindiana.com

Kansas 27-29 Apr; Mid-America Regional Convention 35; Ramada Topeka Downtown Hotel & Convention Center, Topeka; marscna.net

Kentucky 30 Mar-1 Apr; Kentuckiana Regional Convention 31; Owensboro Convention Center & Hampton Inn, Owensboro; krsrna.org

Maryland 13-15 Apr; Chesapeake & Potomac Regional Convention 32; Roland E. Powell Convention Center, Ocean City; cprna.org

Massachusetts 16-18 Mar; Northeast Massachusetts Area Convention 6; Burlington Marriot, Burlington; nerna.org

Michigan 29 Mar-1 Apr; Detroit Area Convention 26; Marriott Renaissance Center, Detroit; michigan-na.org/metro-detroit-region

Minnesota 13-15 Apr; Minnesota Convention 25; DoubleTree, Bloomington; mnnac.org

Missouri 2-4 Feb; Cabin Fever Prevention Convention 26; Lodge of the Four Seasons, Lake Ozark; cabinfeverconvention.org

New Jersey 2-4 Mar; Cape Atlantic Area Convention 28; Stockton Seaview Hotel, Galloway; pearloftherecovery.com

New York 2-4 Feb; In the Spirit of Love 30; Holiday Inn, Waterloo; flana.net

2) 16-18 Feb; Metro Area Convention; Crowne Plaza Hotel, White Plains; nanewyork.org

3) 2-4 Mar; First Stop to Freedom 5; Marriott Long Island, Melville; westernqueensna.org

4) 20-22 Apr; First Buffalo Inner City Convention; Adam's Mark Hotel, Buffalo; nawny.org

North Carolina 2-4 Mar; Freedom by the Sea Convention 17; Sea Trail Golf Resort, Sunset Beach; freedombytheseaconventionofna.com

Ohio 2-4 Feb; Toledo Area Convention 21; Holiday Inn French Quarters, Perrysburg; natoledo.com

Oklahoma 23-25 Mar; Oklahoma Regional Convention 32; Marriott Tulsa Southern Hills, Tulsa; okna.org/okna-activities

Rhode Island 9-11 Feb; Greater Providence Area Convention 9; Crowne Plaza Warwick, Warwick; event info: 401.649.3236; gpana.org/upcoming-convention

Texas 29 Mar-1 Apr; Lone Star Regional Convention 33; DFW Lakes Hilton, Grapevine; lsrna.com

Washington 8-11 Mar; Clean & Free Tides of Change; Ocean Shores Convention Center, Ocean Shores; wnirna.org

Wisconsin 2-4 Feb; Greater Milwaukee Unity Convention 21; Hyatt Regency, Milwaukee; namilwaukee.org

NAWS Product Update

2018 JFT Calendar

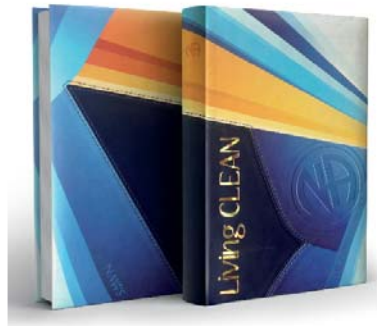
Get your daily recovery inspiration and encouragement with excerpts from our *Just for Today* book. 4¼" x 5¼" tear-off pages with easel.

Item No. 9500 Price US \$11.75/10.25 €



Numbered Editions & Special Bundles

Living Clean Numbered Edition



Item No. 1155

Price US \$27.50/19.50 €

2018 Calendar & *Living Clean* Bundle

Item No. 1155B Price US \$30.00/22.00 €

Afrikaans

Keytags: Welcome – Multi-Year

Item No. AF4100 – 4108 Price US \$0.53/0.47 €



30th Anniversary Basic Text

Item No. 1103

Price US \$30.50/23.00 €



JFT Journal & 30th Anniversary Basic Text Bundle

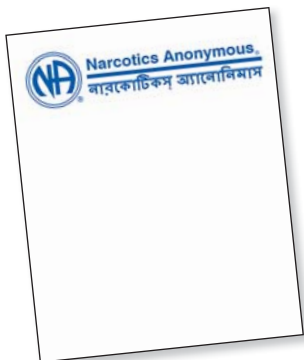
Item No. 1103B Price US \$36.00/29.00 €

Bengali

NA White Booklet

শ্বেত গ্রন্থ

Item No. BE1500
Price US \$0.75/0.65 €



To Be Discontinued

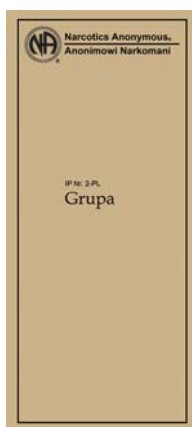
Sponsorship Gift Edition

Item No. 1131 Price US \$20.90/18.50 €

Danish

IP #29: *En introduktion til NA-møder*

Item No. DK3129 Price US \$0.24/0.21 €



Polish

IP #2: *Grupa*

Item No. PL3102
Price US \$0.31/0.26 €

Russian

Living Clean: The Journey Continues

Жить чистыми:

Путешествие продолжается

Item No. RU1150 Price US \$9.75/7.70 €



Spanish

Concordance
Line-Numbered
Basic Text

Narcóticos Anónimos

Item No. SP1102LN
Price US \$11.55/10.00 €



Guiding Principles:

The Spirit of Our Traditions

***Los principios que nos guían:
el espíritu de nuestras tradiciones***

Item No. SP1201 Price US \$11.00/9.70 €



Ukrainian

**IP #14: *Досвід одного залежного:
прийняття, віра та зобов'язання***

Item No. UA3114 Price US \$0.24/0.21 €

**IP #23: *Залишатись
чистим після випуски***

Item No. UA3123 Price US \$0.24/0.21 €





Coming Soon!

Arabic

It Works: How & Why

إنه ينجح

Item No. AR1140 Price US \$9.00/7.90 €

Bahasa Melayu

Basic Text (Fifth Edition)

Narcotics Anonymous

Item No. BM1101 Price US \$7.90/6.90 €

Statement of Ownership, Management, and Circulation

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Extent and nature of circulation	Average No. of copies in preceding 12 months	Actual No. copies as of Oct 17
a. Total number of copies (Net press run)	12,688	13,250
b (1) Mailed outside county subscription	3,385	4,216
b (2) Mailed in-county subscription	35	40
b (3) Distribution outside the mails	8,905	8,495
c. Total requested distribution	12, 253	12,751
d (4) Free or nominal rate distribution	234	279
e. Total free or nominal rate distribution	234	279
f. Total distribution	12,559	13,030
g. Copies not distributed (office uses)	129	220
h. Total	12,688	13,250
i. Percent requested circulation	98.2%	97.7%
a. Requested electronic copies (e-subscription)	21,111	21,312
b. Total requested print + electronic distributions	33,436	34,063
c. Total print + electronic distributions	33,670	34,342
d. Percent requested circulation	99.3%	99.1%

Certified, correct, complete

