

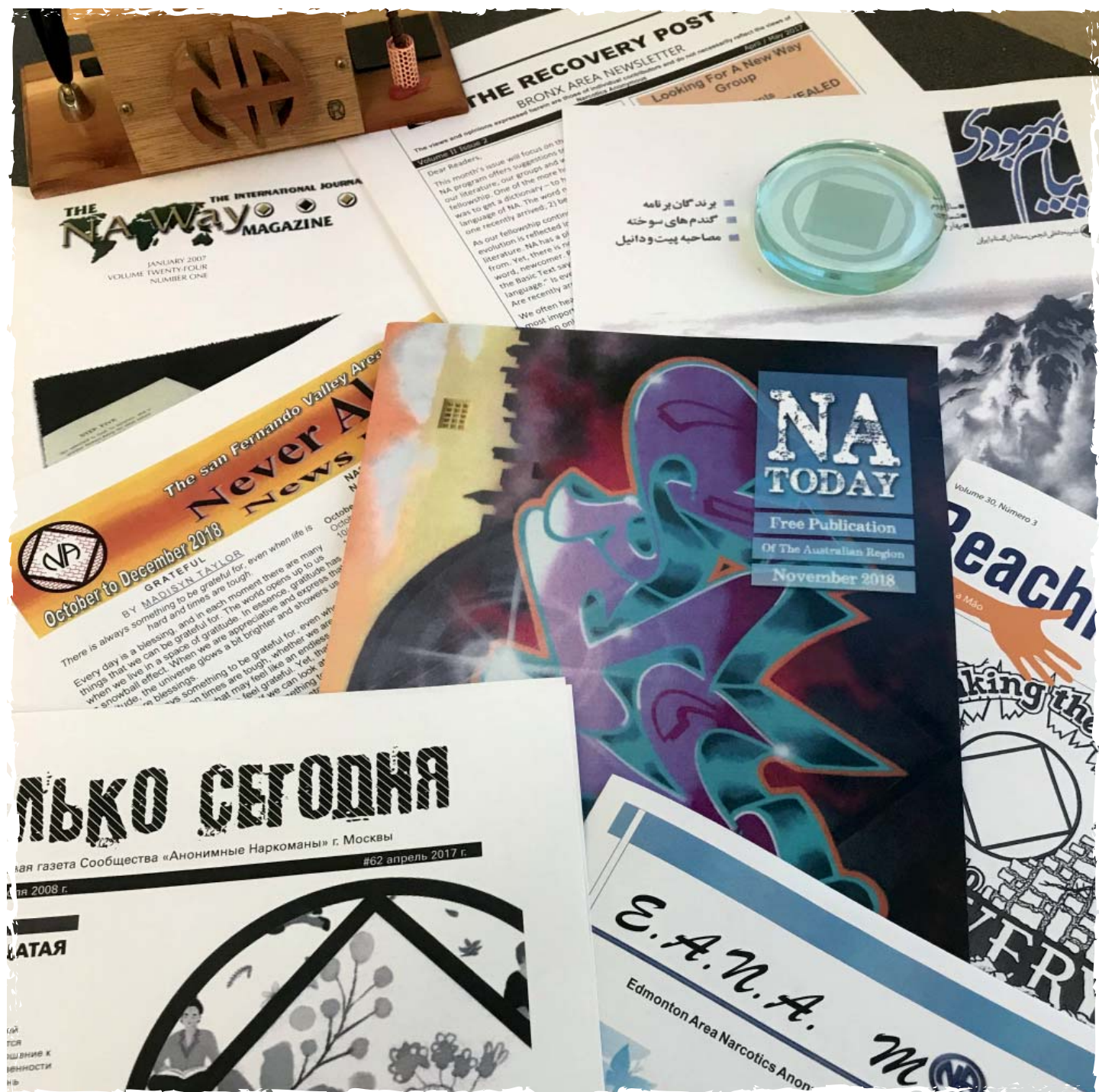
THE NA Way MAGAZINE®

THE INTERNATIONAL JOURNAL OF NARCOTICS ANONYMOUS



JANUARY 2019

VOLUME THIRTY-SIX ♦ NUMBER ONE



Newsletter issue!

- [FD: APF and EDM](#)
- [NA Way Reader Survey](#)
- [First NA Sponsorship Day](#)



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

Welcome to 2019! Starting a new year is often a time for us to look back. Back in the day, once per year we published a "newsletter issue" featuring material from local NA communities' newsletters. We've been talking about doing this for a while, and we are finally doing it! So, please enjoy the recovery- and service-related stories from NA newsletters around the world in this issue.

The October 2018 issue was a bit different from our usual fare. We focused entirely on NA Unity Day and the 37th World Convention held last August/September in Orlando, Florida. We hope you enjoyed the vibrant photos and stories—and you can let us know what you thought by completing the [NA Way Reader Survey](#). We've set a **31 March 2019** deadline, so please complete the survey included here in the magazine, or follow the link to the online version. Your input will help us make the magazine more of what you want. (This is a reader survey, NOT the Membership Survey, which concludes 15 January.)

Finally, as we begin 2019, we want to remind you that this is YOUR magazine. Without your experience and support, it would not exist. Please consider submitting your written and visual input: recovery and service stories, artwork and photos, home group encounters, and anything else that helps you stay clean and that might help carry the NA message. We are grateful for your ongoing participation and support!

[De J. Editor](#)

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Electronic subscribers can click [here](#) for WCNA photo collage.

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.



The magic is *still* real

NA feels like a magical gift. I want to thank NA and NA members for everything they do. I've been very lucky to be a part of something so grand and special. However, in all honesty I haven't been to an NA meeting in about a month or two. It's not because I relapsed, because I was busy, or because I didn't have time that I haven't been attending meetings. I always hear NA group members mention that the newcomer is the most important person, and for everyone to keep coming back. I tried attending meetings once a week, and then I found myself skipping them week after week because I started feeling ignored and uncomfortable. In most of the meetings that I attended, I was the only Asian person in the room, and I noticed that no one really took time to converse with me or treat me as if I was the most important person, so I stopped coming back.

I am very fortunate to know someone who helped me to attend my first World Convention of Narcotics Anonymous this year in Orlando, Florida. More than 22,000 people! He told me that in order to fully embrace the full experience at the World Convention, I should volunteer and participate. I agreed to sign up for service work and I ended up helping with registration, merchandise organization and preparation, and with interviewing people as an *NA Way Magazine* Roving Reporter.

Surprisingly, I couldn't have been happier with my time doing service work at WCNA. I had the opportunity to meet, chat with, and interview people from all over the country and people from Switzerland, Brazil, Japan, Canada, and other places around the world. I was roaming around the convention center and happened to meet an older and a younger gentleman from Guatemala. I started up a conversation and tried to follow up with a quick interview for *The NA Way*, but the two men found it a little difficult to understand the questions. Disregarding the interview, we started talking, and soon they asked me for directions. I led them to the merchandise area, which was where they had wanted to go, and I ended up staying with them to help them with other questions. During that time, we all enjoyed the merchandise area but, more importantly, getting to know each other better.

The next day my two new Guatemalan friends found me in a workshop and stopped to chat. One of them pulled out a black hat from his backpack and on it, was the NA symbol and "Quetzaltenango Guatemala." They handed me the hat and said that they wanted me to have it. They said it was made in their hometown in Guatemala and they wanted to thank me with it. My mind was blown and I felt like I didn't deserve it because I didn't do anything to deserve it, but I was very honored and completely ecstatic.

I also met a newcomer. In a World Convention filled with over 22,000 people, there was a newcomer standing by himself in a corner. He looked a little younger and a bit shy, but I walked over to him, introduced myself, and asked if I could interview him. His name was Alex. He was happy to help me out, and we started off perfectly with questions and answers and getting to know each other. Embarrassed, he told me that he had been trying to recover for years, but only had eleven days to show for it. It seemed as if it was a bit difficult for him to look me in the eyes while we chatted, but as he shared part of his story with me, he told me that he's a little self-conscious. There was a point in his story where he lowered his head and he placed his hands over his eyes. Alex started crying. Immediately, I



felt a connection with him and I could feel his pain. I told him that the important thing was that he was here now. I gave him a hug, and I told him to keep coming back. Alex thanked me and we exchanged numbers. The next day we met up again and he asked me if I liked tie-dyed shirts. I told him that I thought they were cool and he told me that he didn't have a lot, but he pulled out a tie-dyed shirt and gave it to me. He told me that he made it and he wanted me to have it. I was overwhelmed by Alex's kindness, and I felt a warm feeling inside my heart. I was happy.

In my recovery, I've had the chance to listen to a lot of people who have given me more than they'll ever know. I've found that all newcomers feel a little uncomfortable when they first start attending NA group meetings and beginning their recovery. If I keep coming back, maybe I can help make other newcomers feel more comfortable. I've also learned that recovery is kind of like a two-way street, and if you want to recover, you also have to get over those nerves and take the initiative to help yourself, which is well worth it.

After the World Convention, I had a genuine feeling of support and love from NA. When I met Alex, I told him to keep coming back, and I honestly and truly meant it. I could feel something inside me that was pure and genuine and that just wanted the best for him. Just as everyone in NA tells me to keep coming back, I now understand how they feel when they tell me to keep coming back. There's a real, heartfelt connection behind those words.

At the end of WCNA, my two friends from Guatemala gave me their contact information and told me, "If you're ever in Guatemala, my home is your home." I still can't believe I now have friends from different parts of the world; it's amazing! And just as amazing is that Alex and I are still in contact. He's told me that he's very happy to have me as a friend, and I feel the same. My experience at the Narcotics Anonymous World Convention has completely changed my life, and again, I want to thank NA. The magic is *still* real.

Fuam H, Minnesota, USA

Click [here](#) for a WCNA tour dates poster.

What's in a [group] name?

Looking for an NA meeting where you can "really identify"? Maybe one of these will be a perfect match for you (and this is just a selection from a few alphabet groups!)

- Unwashed & Somewhat Slightly Dazed Group
- Tuesday Night Iced Animals Group
- Tuesday Night Last Gaspers Group
- Tough Addicts Don't Dance Group
- Tongue-Tied Shy-Sharers Group
- Yuppies Are Addicts, Too Group
- Youth Gone Wild Recovery Group
- Young in Years & Young in Days Group
- Wide Awake Saturday Group
- Wild, Wild West Group
- Where's the Cotton Go Group

Do you have a unique home group name? Let us know about it at naway@na.org.



Toma

I have a sponsor, but I don't have a service position now because I gave birth to my daughter not long ago. I was always of service until she was born. I had a service position even when I was giving birth to my daughter, but it was over when she was born. I attend meetings twice a week now on Monday and Friday, which are the days my husband and I agreed on. I have two sponsees. One works Steps with me, and the second one just calls me from time to time. That's more or less how my recovery looks today.

I was born to the family of two drug addicts. Bad ones. My mother cooked vint [a Russian drug similar to methamphetamine] and used mainly that, and my father was a heroin addict, so our house was a hellhole that smelled awful. Drugs and paraphernalia everywhere. Strangers. I lived there until I was four years old—and I remember a lot.

I have a stepbrother who is two years older than me. We had to survive this mess together. We ate cat food and peelings of potatoes, stole food from markets, and searched scrapyards for toys. Several times we were brought to police stations because people thought we were lost.

I recall my mother standing on a windowsill, threatening to jump out. We were on our knees begging her not to do it. I recall my parents fighting. At the same time, I had no idea that all this was not all right. I had no idea that there were loving and caring parents who feed their kids.

Eventually my grandmother and grandfather took me away to live with them. I didn't want to go. I cried a lot and I wanted to go back to my mother, but it got better with time. I was surrounded with care. Normal kindergarten, normal toys. Ever since my childhood my grandma and grandpa told me that drugs were bad. They would say, "Look at her. Her legs are rotten; she has no teeth left." I agreed. It was obvious.

Inside I felt this permanent pain, emptiness, and loneliness. I felt I was different from others, as if I was an alien and this was not my planet. I recall how everybody was happy and joyful at a spring party in that kindergarten, and I was crying. I wanted to go home. I felt bad and had no idea why. And that's a common thing for me: If there is a party, I wanna flake. Now I know that I just had the wrong idea that I had to feel happy and joyful in those moments.

As I grew up, I didn't look for drugs myself, but it was as if I was waiting for somebody to offer them to me. I was 13 when he appeared in my life. We spent the next seven years using together. We started with basic "safe" drugs. When I was offered a stronger drug, I was afraid, but I didn't have to inject it, so I said yes. I didn't want to inject drugs because I thought that was a turning point to becoming a "real" drug addict. I didn't want to be like my parents, so I never did it, not a single time.

Using messed a lot with my head. I began hallucinating. Because of my using, close friends turned away from me. I had dreams and goals, like to learn English, do yoga, and graduate. I abandoned it all. I had just one goal—to get what I wanted no matter what. When I wanted a guy, I had to get him, and I didn't care that he was married. And then, when I got him, I felt awful because as a result, his wife was hospitalized because she almost lost their child. I thought it was love that made me do that, but it was my desire to use, and that guy was my connection.

I began visiting a psychologist to get medication to deal with my depression, phobias, and hallucinations. I had to eat and to sleep so I could use again. I would go to that doctor high so that I could talk. I wanted to tell him everything, but I didn't want to stop using because I didn't see enough problems in my life.



It was that doctor who told me about meetings. I thought it might be interesting, so I decided to give it a try, and I got it right away because when I got to that meeting, I immediately felt that the pain that had always been inside me was lifted. All my life I felt different from others, yet I was always afraid of sharing my feelings. Maybe it started when I tried to share how bad I felt with my grandma and she would say, "Come on, really?" I never experienced the empathy of people who could understand me. At my first NA meeting I heard members sharing about themselves, about their pain, and realized, "That's it! They are talking about me! This is the place where they all get together, these unique people!" I felt relief. I realized that it was my place.

Eventually a miracle happened, which is still happening. I lost that feeling that I was sentenced to life and that death was the only way out. I learned how to be joyful without using. It's a miracle to me that I feel happiness. I was unhappy for a really long time before drugs, and with or without drugs. But when I came to NA that pain was gone. I'm grateful to NA for my goals and for my desire to achieve them.

A very important thing I learned in this program is how to love myself, to accept myself. To have that feeling that I am a normal girl. All of my life I had this idea that I was ugly. I thought that it was not cool to be with me, that I was not worth it. I always wanted to be like somebody else—like that cool girl who had a fantastic sense of humor, a great smile, and style. I always copied others.

I thought my skills were worth nothing. I always wanted to be a good girl. I was a straight-A student in school, my picture was on a school display of best students, and I received awards, but I always felt that I was not good enough, that I didn't do my job right. I criticized myself a lot. Because of the NA program, that's gone now! Today I know that I am unique, that I have merits other people don't have, and this understating is another step to my freedom from all those lies, those wrong beliefs that ruined my life and that prevented me from being happy, grateful, and able to move on.

Том, Moscow, Russia

Reprinted from

Только Сегодня ([Just for Today](#)),

Issue #62, April 2017, Moscow, Russia

84 days

My name is Habib and I am an addict. Greetings to all the addicts at the Central Prison of Qazvin, and to all NA groups around the world.

I am writing this letter as I pass the final moments of my life. I am very close to death. I wish to send a message to all fellow members: I got clean through a Narcotics Anonymous meeting in jail, and through attending these meetings, I stopped using drugs. I have become very close to God, I feel good, and I am at peace with myself and the world. I have accepted the will of God.

I'd like to ask you fellows to stay clean and be of service. Try to help other addicts stay clean physically, mentally, and spiritually. Please continue this path to save other addicts. I have nothing else to say. My name is Habib, and by dawn my life will end. I will be hanged for the crimes I committed, but I have been clean for 84 days beside you. I wish success for all addicts . . . members and non-members. God bless.

Habib, Qazvin, Iran

Reprinted from [Payam Behboodi](#), Iran, Issue 6, Spring 2006

In response to 84 days

My name is Ron, and I am an addict. I have been clean for a while in a New York prison. I have been receiving *The NA Way Magazine* for the last 18 months. Each issue has touched me in one way or another, but the October 2006 issue did more than touch me; it brought me to tears.

I was spiritually and mentally broken about being in prison. I was staying clean, but that was about all. Then I read Habib's story, and I cried like a baby. Here I was, feeling sorry for myself and thinking life was over because when I get out, I'll be an "ex-prisoner." Habib's message hit me hard. It took an addict on the other side of the world to get me to do something I have not done in a while. I got down on my knees and thanked my higher power for the life I have today and the life I will have when I get out of prison.

I wish I could thank Habib for saving me mentally and spiritually. Thank you, *NA Way*, for printing his message. I will never forget an addict named Habib.

Ron J, New York, USA

Reprinted from [The NA Way Magazine, January 2007](#)



Questions from the Bronx

We asked newcomers with less than a year clean: How does the Fellowship of Narcotics Anonymous make you feel that you're the most important person?

Yolanda E (27 February 2017): I have a group of women around me who have been nothing but supportive—now that I'm using them. They've been there for me, and that's what I need. My sponsor answers the phone at any given time. It's been a good thing, a real good thing for me.

Lemar A (12 August 2016): For me, personally, our symbol is the key to our program. When I came in and announced that I was new and needed help, the room lit up. I had one day. Everybody applauded. I still remember that. They told me they couldn't keep what they had unless they gave it away.

Mike B (19 June 2016): I think I remind people of how crazy some of us are when we get to the rooms. I talk to a guy every morning who has ten years, and he always tells me the same thing: You're helping me when you call. I thought, I'm calling you because I need to stay clean; how am I helping you? Now I realize that I'm a reminder to him, and that he's just as susceptible to relapsing as I am. I'm "closer" to it than he is, so I'm a really good reminder to him of what's off the edge from him, so I think that's important.

We asked members with a year or more clean: What do you do to make newcomers feel like they are the most important person?

Kathy P (13 March 2010): I identify with where they are and let them know that they're not alone. Just that simple. I share my experience, strength, and hope on what it was like for me then and what it's like for me now. I am the agent changer to show them that recovery is possible.

Andrew W (18 June 2013): I hug anybody I've never seen before, and I make a special effort to introduce myself, ask them who they are, how they're doing,

and how I can be of assistance. I give my phone numbers out. I give out literature. I connect people to other people, and most of all, it's the hug, definitely the hug.

Khadijah M (13 January 2016): I welcome them, give them words of encouragement, and I give them my number. I tell them to share how they feel and to keep coming back no matter what.

Reprinted from *The Recovery Post*, Bronx Area, New York, Vol II, Issue 2, April/May 2017

Facing the challenge

I first got clean back in 1992, and I felt out of place, probably like you. Dropped off at noon, broken, at the church on Fairfax and Fountain. Out on the front steps, drinking coffee, smoking, glaring, joking; bikers, punks, spiked hair, and junkies. Some laughing, some nodding and talking, welcoming without being overbearing.

Inside, I sat in the middle row, because the bad-asses were in the back, the cheerful ones took up the front, and I guess I was neither of those. For about the first month, the readings seemed like they must've been in Latin, but then I guess they changed them to English so I could understand them. I heard people sharing but couldn't remember what they said; the voices in my head were so much louder than theirs.

And then one day I heard what you were saying. It's hard to explain, but somehow my head and heart opened. I thought there'd be no place for me without the drugs and my pals who all used, but I felt at home for the first time ever here with all of you who managed to be schooled by "oldtimers" with six months or even a few years clean. I loved your laughter and caring and lunches and sponsorship. And then I got to make coffee and you trusted me to be treasurer, secretary, and even GSR.

You took me in and showed me how to take in others, God, and then myself. We share gratitude, Steps, secret jokes, trials, victories, and how to be human and live just for today. With perseverance, staying clean, relapses, and making it back if you're lucky like me, hopefully we'll all stay. Thanks to my Higher Power, my sponsor, and the folks at Pass Ave. Thanks for always being there, and for the wonderful life that I have!

Tom K, California, USA

Reprinted from *Never Alone*, San Fernando Valley Area, California, December 2018

A dream

I had a vivid dream last night, similar to dreams from the past that I don't have often these days. It was graphic and horrific, violent and wrought with rampant substance abuse. I had destroyed my life and the lives of others in the course of a single evening, betraying everything I valued and believed in. I had given up everything I had worked so hard for—not just material goods, but also my very soul. In the dream, I had turned my back on the life I created in recovery, the life of knowing and expressing my true nature of love.

In that space between being asleep and awake, fear, anger, and loathing were palpable. I was empty, shrouded in



darkness, being torn apart in the vacuum of an endless void. I awoke confused, heart racing; it took a few moments to get oriented.

Then, I came to my senses. My heart slowed a little, and my mind came back to this world. I was in my warm bed, next to my beautiful wife. I had not betrayed my very being. I had not destroyed lives. It was just a dream. I wept tears of gratitude. I was so grateful to have awakened from that horrible dream. Those manufactured thoughts and emotions were nothing more than distant emotional memories, so far removed that they could only manifest in the hazy other-world of dreams.

That distant life didn't go away on its own. It took hard work, practice, and introspection. It took—and takes—accepting the help of my community. It takes willingness, honesty, open-mindedness, and hope. One day, you too may awaken and realize that hell is but a distant and fleeting dream, and find yourself in a single moment, where love and peace flourish. And you may weep because it is beautiful.

Anonymous

Reprinted from [Edmonton Area Monthly](#), Alberta, Canada, May 2018

LGBT meetings

Since coming into recovery, I have struggled to have a sense of identity. When I came into the rooms last year, I had no problem admitting to myself and others that I was, in fact, an addict. But since entering recovery, I have had so much trouble growing on that sense of identity. I had so lost my way that I didn't know what made me happy or even what kind of person I was.

I used to be very involved in the LGBT community before my addiction manifested, and being involved always gave me a sense of being home. I was free to be myself without fearing judgment or feeling less than. It's been a long time since I've had that feeling, but I've found it again at LGBT NA meetings.

These meetings have helped me gain a sense of identity again. They've given me a place where I can share honestly

and openly without fear of judgment. I've been able to share my darkest or brightest and deepest thoughts, which has allowed me to connect with people with similar experiences. I didn't feel comfortable enough to even tell the men's meeting the day my partner of six years offered me his hand in marriage, for fear of homophobic responses on my magical day. I even hid the ring. I had to wait a few days until the LGBT meeting, and only shared the great news there and with my support network.

I went through my first-ever breakup from my fiancé in recovery, and the only place I felt I could express my experience honestly was at the LGBT meetings. It was great to have the whole meeting offer me support with understanding, which I feared I wouldn't get at other meetings. Eight months later, the same meeting has helped me with all the obstacles I've faced while learning to date in a healthy way all over again.

Ryan

Reprinted from [NA Today](#), Australia, November 2018

Dear Reaching Out,

I am PA, and I've been clean for 9 years, 11 months, and 10 days [written in 2015]. During my active addiction, I went through several criminal institutions, and a mixture of anger, confusion, and skepticism. Today it is impossible to dissociate my compulsive drug use from the situations I allowed myself to go through. In 1997, in a moment of desperation, I went to an NA meeting in my town with my mother's help. Although I did not understand absolutely anything, I managed to stay clean for three months. That time of not using was essential to understanding the benefits of staying clean, even in a distorted way. I was judgmental and skeptical, given the evidence that the program worked. I returned to using drugs, but with a different feeling, and even though I was very frustrated, the drug use was not the

same. I thought, "Damn time I met this program."

I returned to that meeting again in 2005 with a lot of pain and fear, but with a feeling that there was something different, spiritual, something like every meeting could give me a new opportunity to change. I see that NA is changing me. Today I am a better son, brother, and father. I have been serving this Fellowship since I got clean. As an H&I panel leader, I go to a prison and share honestly and sincerely about what I was, and what I've been becoming. This stimulates me to keep coming back, and today I feel the presence of a HP always in my life.

Soon I'll turn ten years clean, and it's possible through working the Steps that I can review situations in my life. Today I am happy, and when crying about something that's difficult for me, I look back and see the path I walked, and in this path God's will prevailed. It's not just staying clean, it is finding a new way to live, and with the help of my fellows, I'm not alone, and I have nothing to fear.

PA, Belém, Para, Brazil

Reprinted from [Reaching Out](#), July 2015

Editor's note: [Reaching Out](#) is a quarterly, recovery-oriented newsletter published by NA World Services, made available free of charge to incarcerated addicts. It contains articles, artwork, and letters from members on both sides of the prison wall. Members in Brazil and Spanish-speaking Latin America translate [Reaching Out](#) to Portuguese and Spanish. To subscribe, visit www.na.org/reachingout.



NA Way Reader Survey: Help us improve your magazine!

1. Are you an NA Way Magazine subscriber?

- Yes: electronic version
- Yes: print version (skip to question 4)
- Yes: print and electronic
- No (skip to question 4)

If yes, for how long have you been a subscriber?

2. If you are an electronic subscriber, how do you access the magazine?

- I click the link in the eblast email
- I go to www.na.org
- I don't open/read it

If you don't open/read it, why?

3. If you read the magazine electronically, which of these features do you regularly access? (check all that apply)

- View/print the cover poster
- Read additional articles
- View/print additional photo features
- Follow links to related literature
- Follow links to related NA websites
- I don't access any of these features

If you don't access these features, why?

4. How would you describe the look and feel of the magazine? (check all that apply)

- Contemporary-looking
 - Dated/old-fashioned-looking
 - Articles too long
 - Articles too short
 - Overcrowded
 - Finish size (8½ x 11 inches) too large
 - Other (please specify)
-

6. On a scale from 1 to 10 (1=terrible, 10=excellent) how would you rate *The NA Way Magazine* overall?

7. If it's not a 10, what would make it a 10 for you?

8. In what country do you live?

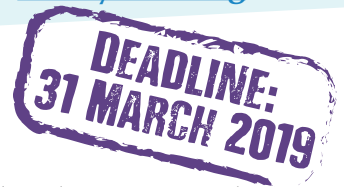
9. How long have you been clean?

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Less than 1 year | <input type="checkbox"/> 21–25 years |
| <input type="checkbox"/> 1–5 years | <input type="checkbox"/> 26–30 years |
| <input type="checkbox"/> 6–10 years | <input type="checkbox"/> 30–40 years |
| <input type="checkbox"/> 11–15 years | <input type="checkbox"/> 40+ years |
| <input type="checkbox"/> 16–20 years | |

10. What is your age?

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> < 17 | <input type="checkbox"/> 50–59 |
| <input type="checkbox"/> 18–29 | <input type="checkbox"/> 60–69 |
| <input type="checkbox"/> 30–39 | <input type="checkbox"/> 70–79 |
| <input type="checkbox"/> 40–49 | <input type="checkbox"/> 80+ |

Complete survey online at <https://www.surveymonkey.com/r/NAWay>.
 Or mail to NA Way Magazine Survey;
 19737 Nordhoff Place; Chatsworth, CA 91311.
 Fax to 818.700.0700 or email a photo of
 completed survey to naway@na.org.



5. Please rate how relevant or interesting each section of the magazine is to you.

	Not relevant or interesting	Somewhat not relevant or interesting	No opinion	Somewhat relevant or interesting	Very relevant or interesting
From the Editor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feature/Sharing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Service Center	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fellowship Development/PR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Picture This	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Basic Caption Contest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
World Services Updates/Info	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Calendar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Product Update/Coming Soon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



FELLOWSHIP DEVELOPMENT

Asia Pacific Forum (APF)

We, the NA regions and communities of Asia Pacific, have joined to discuss issues of mutual concern, address our com-mon needs, exchange ideas, and share experiences to further our primary purpose.

This forum is intended to complement the existing service structure of NA.

APF Statement of Purpose

For more information, visit www.apfna.org

The APF serves and is accountable to the following NA communities:

- Afghanistan
- Aotearoa New Zealand
- Australia
- Bangladesh
- Bahrain
- Bhutan
- Cambodia
- China
- Guam
- Hawai'i
- Hong Kong
- India
- Indonesia
- Iran
- Japan
- Kuwait
- Malaysia
- Maldives
- Nepal
- NERF
- Oman
- Pakistan North
- Pakistan South
- Philippines
- Saudi Arabia
- Singapore
- South Korea
- Thailand
- United Arab Emirates
- Vietnam

A special gift: NA Australia women's gathering

On 22 April, a group of women in the Southern Area of Australia held a high tea, which was attended by 197 women. The intent was primarily to create an event where the women in NA felt nurtured and honored in their recovery. The recovery theme was reflected throughout the day amongst much love, respect, and camaraderie. The hosting committee and many other generous bakers provided the catering.

The committee wished any surplus funds be donated to the Asia Pacific Forum's (APF) Women's Development Group because we recognize the freedom we have to attend meetings and be in the

middle of the Fellowship, but the abundant literature and support we enjoy in our region is not the experience of our sisters in other parts of the world. Three NA groups made contributions, as did many NA members, and we were pleased to be able to contribute \$1,393 to the NA Women's Development Group of the APF.

Reprinted from APF News, Issue No 48, June 2018

Pakistan Fellowship development

The Asia Pacific Forum (APF)—especially the Pakistan NA community—put a forth a great effort to create a favorable situation to achieve effective and fruitful Fellowship development (FD) in Pakistan. APF selected a team of resource people responsible to carry out all the FD activities and coordinate with the local NA community. The team consisted of three people: one member from South Pakistan, one from North Pakistan, and me (from Nepal) as the point person. This is my report on our trip.

I left for Pakistan in the evening on 17 March with mixed feelings of excitement and a little bit of nervousness. I landed in Karachi, Pakistan, on the morning of 18 March. I was sleepless and exhausted, but when I received a warm welcome by one local NA member, all my tiredness went away, and I felt like I was in my home away from home.

Two of us attended the area service committee meeting that same day. The meeting was mostly about planning our FD activities and a few other regular agenda items. I made a meeting of the Ujala Group that evening, where I had the opportunity to share my recovery experience as a speaker in the meeting. I was really humbled to experience the love of the Fellowship.



Since I had a few days to spend there before the FD efforts, I used the time to hang out with local members. I went to another meeting and saw some cities. We talked about NA, service, problems, challenges, and, of course, solutions.

Our FD day, 23 March, was really exciting. We had been planning for this day for many months. One of the facilitators had arrived in Karachi on the 22nd from Lahore, Pakistan. We reached the event venue two hours before the workshop and helped set up the workshop hall along with local members.

In our planning, we had already finalized the topics to cover in the sessions: Building Strong Home Groups, Working Steps with a Sponsor, and Leadership in NA Service. There were about 70 participants, and we facilitated in the local Urdu language. Members were happy to have workshops in their own language. The enthusiasm and energy level of members were remarkable. There were a few newcomers and a couple of members with multiple decades of cleantime in the workshop, and one female member, too. The workshop went until 9:00 pm and concluded with delicious Pakistani biryani for dinner.

We next went to Nathia Gali, a popular tourist destination located about 80 kilometers north of Islamabad, to conduct another workshop in North Pakistan. There, at 2,000 meters above sea level, was the regional convention of North Pakistan. It was really an amazing place.

The second day of FD in North Pakistan came. It was 25 March, and we started our first workshop at 8:30 am. There were about 35 participants, and we discussed the same topics we had covered in South Pakistan. We tried to cover all the necessary aspects of the topics as much as possible, and participants had many questions during the workshop.

The participation was mixed, with a good number of longer-term members and newcomers. Participants expressed their willingness to implement what they had learned in the workshops back in their home groups and areas. We wrapped up with a cleantime countdown and, after some photographs,



we had a scrumptious Pakistani meal and shared the love of Fellowship with each other.

I left Pakistan on 27 March from Lahore with my heart full of gratitude, lots of learning, and a sense of satisfaction that we had successfully conducted FD in Pakistan.

Sumit D, Point Person (Nepal Region)

Reprinted from APF News, Issue No 48, June 2018

For more information about NA in Pakistan:

Website North: <https://www.apfna.org/pakistan-north>

Website South: <https://www.apfna.org/pakistan-south>

Helpline North: +92.300.4300300

Helpline South: +92.21.300.2150933

Email North: na_pakistan@yahoo.com

Email South: na_sunshine@yahoo.com

European Delegates Meeting (EDM)

The EDM is a European based forum of multilingual and multi-cultural NA communities inside and outside Europe, whose mission is to further their common welfare and unity, support their growth and help them fulfil their primary purpose of carrying the NA message to the still suffering addict.

EDM Mission Statement

For more information, visit www.edmna.org

The EDM serves:

- Adriatic Region
- Belgium
- Bulgaria
- Czecho-Slovak Region
- Denmark
- Egypt
- Estonia
- Finland
- France
- German-Speaking Region
- Greece
- Hungary
- Iran Region One
- Ireland
- Israel
- Italy
- Latvia
- Lithuania
- Malta
- Moldova
- Netherlands
- Norway
- Polish-Speaking Region
- Portugal
- Romania
- Spain
- Sweden
- Switzerland
- Turkey
- Ukraine
- United Kingdom

Cape Verde

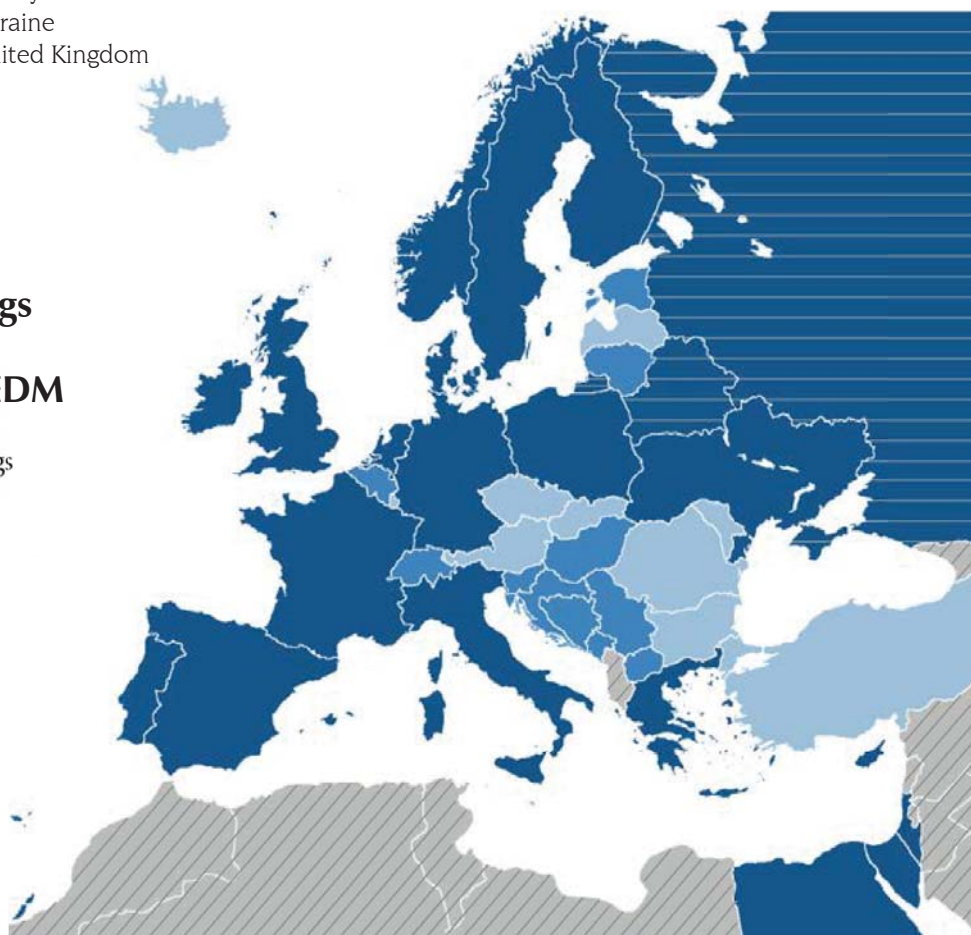
An archipelago of ten volcanic islands make up Cape Verde, located in the central Atlantic Ocean, to the west of the northern African continent. Portuguese and Cape Verdean Creole are the recognized languages there. Currently there is a twelve-step-based treatment center that belongs to the state of Cape Verde where residents are internees for a maximum period of nine months. There is only one weekly meeting in a room provided by the Ministry of Justice, held every Friday at 6:30 pm and attended mostly by addict residents of the treatment center community. The meeting is attended by some 30 addicts, but all the material they have is taken from the internet and copied. A month ago, a Portuguese addict with 22 years clean, who has lived there since 2007 and participates in the local NA community, asked NA World Services to provide NA literature and other materials to them. They are willing to carry the NA message, fulfilling our primary purpose and our vision of helping addicts to have the "chance to experience our message in his or her own language and culture and find the opportunity for a new way of life." If they succeed in this undertaking, they will open another meeting and move forward in their efforts. From now on, we are supporting this NA community to help them to become stronger.

Patricia D, Portugal Alternate Delegate

Reprinted from EDM News, Issue 8, July 2018; www.edmna.org

Number of meetings in the countries represented by the EDM

- 100 and More Meetings
- 25-99 Meetings
- 1-25 Meetings
- No Meetings
- Russian Zonal Forum





Public relations in the Turkish Parliament

In early 2018, our region was invited to the Turkish Parliament. It was surprising being invited by this highest level of state agency, but we also considered that this was the accumulation of years and years of NA Turkey's public relations (PR) efforts. In the past 25 years, we had chances to meet with some, but this was the first time we were invited to meet with a legislative commission (the Parliamentary Research Commission Established for Investigating Drug Addiction) made up of members of parliament (MP) from all political parties that gives direct suggestions to policymakers. For us, this was proof that the NA Turkey Fellowship is being accepted by the Turkish state even though we have been operating as a "non-legal entity" for all these years.

So, we were excited! We created our team of four members: the past three PR chairpersons and one additional member. We were allowed one hour, and we planned to include 15 minutes of a presentation previously prepared for the European Union Parliament. I made this presentation as our regional

delegate, and then my three fellow members briefly shared their experience in recovery and what they have found in the NA Fellowship, and this section took about 20 minutes. After that, we answered the MPs' questions for about 25 minutes. In this Q&A session, we had the chance to explain some specific problems we are facing. Overall, it was very satisfying service work for us. As a result, in the final report presented by the commission, support for NA has been decided. This is the direct translation of the special paragraph regarding NA in the report:

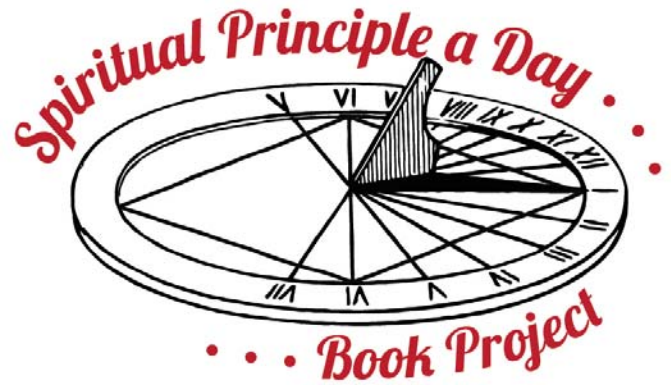
Although the Association of Narcotics Anonymous, which is based on consultation between old addicts, has been operating in our country for 25 years, it has been stated that there is no legal recognition. Regulations should be made to provide a more systematic evaluation of the community which is working in close cooperation with AMATEMS (State Alcohol and Drug Addiction Treatment Centers) in terms of rehabilitation and social harmonization. Firstly, the necessary convenience should be provided at the point of finding the meeting place.

I cannot say enough about my gratitude for this service that I participated in as delegate.

Serkan Ö, Turkey Regional Delegate

Reprinted from EDM News, Issue 8, July 2018; www.edmna.org

We've got a new book in the making!



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

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

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

Principles & quotations to work on through March 2019:

***Balance • Compassion • Creativity • Goodwill • Grace • Harmony
Humility • Imperfection • Intimacy • Maturity • Resilience • Vulnerability***

www.na.org/spad

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



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.

First NA Sponsorship Day in Ukraine

The [Kiev Area](#) celebrated the first-ever NA Sponsorship Day on 1 December 2018 in Kiev City, the capital of Ukraine. Members participated in workshops on the Issue Discussion Topics of Carrying the NA Message and Making NA Attractive and Attracting Members to Service. We had recovery meetings with topics related to sponsorship, and a marathon speaker meeting with three men and three women, plus a main speaker from the United States who joined us through an online video conferencing platform. All shared their experience on sponsorship. About 40 members attended and it was really cool because many of them were new in NA.

Oleksandr P, Kiev, Ukraine



First NA Sponsorship Day, 1 December 2018, Kiev City, Ukraine
Photos: Oleksandr P, Kiev, Ukraine

Basic caption contest winner

Thank you to everyone who participated in the Basic Caption Contest! The winning submission is from

Anna E, Texas, USA

"In time, many miracles will occur."



Photo: Conor H, Dublin, Ireland

And some other notable entries:

No addict seeking recovery need ever die.

Neveille B, India

• • • • •

I'm a winner!

Susan Y, Washington, USA

• • • • •

You will soon save someone's life through H&I service!

Frank C, New York, USA

• • • • •

Stick around for the miracle and live the dream clean.

Rachel O, Puerto Rico

• • • • •

He who keeps coming back, stays.

Julie R, California, USA

• • • • •

The secret is at the next meeting.

Rovilio T, Rio Grande do Sul, Brazil

The next BCC

Here's your chance to participate in *The NA Way Magazine* in a whole new way. Write a caption for this image, send it to us, and you'll be magically entered in our caption contest. We'll choose the best (and maybe a few others) for publication in an upcoming issue. Your prize will be the satisfaction of seeing your name in *The NA Way*!

Email your entry with "Basic Caption Contest" in the subject line, and be sure to include your name and where you're from in the body of the email: naway@na.org.





SERVICE CENTER

NA World Services web meetings are a great way to:

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

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

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

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



Issue Discussion Topics

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

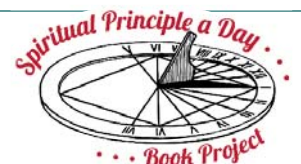
- Carrying the NA Message and Making NA Attractive
- Attracting Members to Service
- Drug Replacement Therapy (DRT) and Medication-Assisted Treatment (MAT) as It Relates to NA

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



Spiritual Principle a Day Book Project

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



Mental Health/Mental Illness Informational Pamphlet

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



Special Days in NA

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

Service Day: 1 May 2019

Public Relations Week: First week of June 2019

Sponsorship Day: 1 December 2019

Please share your ideas about how to celebrate these, and tell us about activities your NA community has with Service Day and PR Week: worldboard@na.org.



CALENDAR

Multiday events and those occurring between publication dates are printed according to the schedule posted online. To enter events or to access event details, visit the online calendar at www.na.org/events. (If you don't have internet access, fax or mail your event info to 818.700.0700, attn: NA Way; or *The NA Way*; Box 9999; Van Nuys, CA 91409 USA.)

Australia

Adelaide 29-31 Mar; South Australian Area Convention; Fullarton Park Community Centre, Fullarton; na.org.au

Canada

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

Czech Republic

Prague 26-28 Apr; European Service Learning Days; Masaryk Dormitory, Prague; edmna.org

Norway

Trysil Mountain 11-17 Mar; Ski and Recovery; Trysil Mountain; nanorge.org

Spain

Cádiz 12-14 Apr; Spain Regional Convención; Hotel Valentin, Chiclana; narcoticosanonimos.es

United States

Alabama 15-17 Feb; Out of the Darkness, Into the Light 22; DoubleTree, Decatur; alnwfl.org

Arizona 8-10 Mar; Mexico Arizona California Convention 10; Shilo Inn, Yuma; macna.org

California 18-21 Apr; Northern California Regional Convention 41; Sacramento Convention Center, Sacramento; norcalna.org

Florida 21-24 Mar; Florida Regional Service Symposium; Sheraton Tampa East, Tampa; naflorida.org

Georgia 1-3 Mar; Recovery in Action 5-Newcomer's Event; Clarion Suites Conference Center, Savannah; info: 912.272.1008

2) 21-24 Mar; Georgia Regional Convention 38; Marriott City Center, Macon; grscna.com

Illinois 26-28 Apr; Rock River Convention 28; Garden Hotel & Conference Center, South Beloit; rockrivernaconvention.com

Indiana 19-21 Apr; Kentuckiana Regional Convention 33; Holiday Inn Evansville Airport, Evansville; atrana.org/krcnaxxxiii

Kansas 12-14 Apr; Mid-America Regional Convention 36; DoubleTree, Lawrence; www.marscna.net

Louisiana 19-21 Apr; Circle of Sisters Convention 22; Hyatt Regency, New Orleans; speaker tape deadline: 01 Feb; circleofsisters.org

Maryland 12-14 Apr; Chesapeake & Potomac Regional Convention 33; Roland E Powell Convention Center, Ocean City; cprcna.org

Massachusetts 19-21 Apr; South East Massachusetts Area Convention 7; Hotel 1620, Plymouth; speaker tape deadline: 19 Jan; nerna.org

Michigan 18-21 Apr; Detroit Areas Convention 27; Motor City Hotel & Convention Center, Detroit; michigan-na.org/dacna

Minnesota 5-7 Apr; Minnesota Regional Convention 26; DoubleTree, Bloomington; mnnac.org

Nebraska 22-24 Feb; Close Encounters of the Clean Kind; Hilton, Omaha; ceck.omaha-na.org

New Jersey 23 Feb-3 Mar; Recovery at Sea 5; Cape Liberty Cruise Terminal, Bayonne; Info: 347.259.0317

2) 1-3 Mar; Pearl of Recovery 29; Seaview Hotel, Galloway; pearlofrecovery.com/

New York 14-17 Feb; Metro Area Convention; Crowne Plaza, White Plains; nanewyork.org/

2) 15-17 Mar; Bronx Area Convention 11; Crowne Plaza, White Plains; newyorkna.org

3) 29-31 Mar; Brooklyn Area Convention 3; Hilton Huntington Long Island, Melville; bccna.org

North Carolina 22-24 Feb; Freedom by the Sea Convention 18; Courtyard by Marriott, Jacksonville; freedombytheseaconventionofna.com

Oklahoma 5-7 Apr; OK Regional Convention 33; Sheraton at the Reed, Midwest City; okna.org

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

Pennsylvania 8-10 Feb; Mid-Atlantic Regional Learning Conference 35; Lancaster Host Resort, Lancaster; marscna.org

South Carolina 8-10 Mar; Stay, Pray, and Live Convention 2; Gateway Commerce Center, Richburg; crna.org

Texas 22-24 Feb; Tejas Bluebonnet Regional Convention; Omni Hotel, Corpus Christi; tbrcna.org

2) 18-21 Apr; Lone Star Regional Convention 34; DFW Lakes Hilton, Grapevine; lsrna.com

Utah 22-24 Mar; Northern Utah Area Convention; Comfort Suites, Ogden; northernutahna.org

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

Washington 7-10 Mar; Clean & Free; Ocean Shores Convention Center, Ocean Shores; wnirna.org

2) 26-28 Apr; Washington/N Idaho Regional Convention 34; Hilton Convention Center, Vancouver; wnirna.org

Wisconsin 8-10 Feb; Greater Milwaukee Unity Convention 22; Hyatt Regency, Milwaukee; namilwaukee.org

NAWS Product Update

2019 Calendar

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

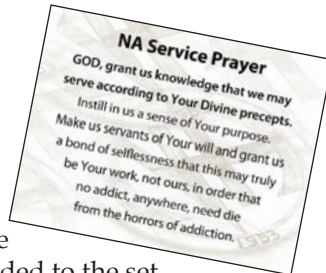
Item No. 9500 Price US \$12.45/10.85 €

Redesigned Poster Set including New NA Service Prayer Poster

Recently redesigned: brighter and more readable, plus Service Prayer poster added to the set.

Item No. 9070 Price US \$11.00/9.50 €

Item No. 9078 Price US \$1.55/1.45 €



Afrikaans

IP #2: Die Groep

Item No. AF3102 Price US \$0.33/0.28 €



Hungarian

IP #17: Kezelésben lévőknék

Item No. HU3117 Price US \$0.33/0.28 €



Italian

Sponsorship

La sponsorizzazione

Item No. IT1130 Price US \$8.75/8.15 €

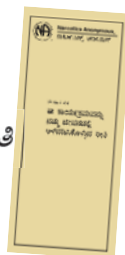


Kannada

IP #9:

ಈ ಕಾರ್ಯಕ್ರಮವನ್ನು ನಮ್ಮ ದೇವನದಲ್ಲಿ ಅಳವಡಿಸಿಕೊಳ್ಳುವ ರೀತಿ

Item No. KN3109 Price US \$0.25/0.22 €



Lithuanian

IP #13: Priklausomas jaunimas priklausomam jaunimui

Item No. LT3113 Price US \$0.33/0.28 €



Polish

Group Business Meetings

Mityngi organizacyjne

Item No. PL2202 Price US \$0.25/0.22 €

Portuguese

Just for Today

revised to the Basic Text Sixth Edition

Só por hoje

Item No. PO1112 Price US \$9.55/8.40 €

Portuguese (Brazil)

An Introductory Guide to NA

revised to the Basic Text Sixth Edition

Guia introdutório para Narcóticos Anônimos

Item No. PB1200 Price US \$2.15/1.85 €

Slovenian

IP #23: Ostajati čist zunaj

Item No. SL3123 Price US \$0.25/0.22 €

Swedish

NA & Persons Receiving

Medication-Assisted Treatment

NA och personer som står på läkemedelsassisterad behandling

Item No. SW2306 Price US \$0.32/0.29 €



Group Business Meetings

Gruppens praktiska möte

Item No. SW2202 Price US \$0.25/0.22 €

Group Trusted Servants...

Gruppens betrodda tjänare: roller och ansvar

Item No. SW2203 Price US \$0.25/0.22 €

Disruptive & Violent Behavior

Störande och våldsamt beteende

Item No. SW2204 Price US \$0.25/0.22 €

NA Groups & Medication

NA-grupper och medicinering

Item No. SW2205 Price US \$0.33/0.28 €

Visayan

Keytags Welcome – Multi-Year

Item No. VS4100 – VS4108 Price US \$0.56/0.50 €





Coming Soon!

Afrikaans

Basic Text (Fifth Edition)

Narkotika Anoniem

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

Danish

It Works: How & Why

Det virker: hvordan og hvorfor

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

Arabic

It Works: How & Why

إنه ينجح

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

Italian

Living Clean: The Journey Continues

Vivere puliti: Il viaggio continua

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

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 18
a. Total number of copies (Net press run)	12,688	13,500
b (1) Mailed outside county subscription	3,385	4,336
b (2) Mailed in-county subscription	35	40
b (3) Distribution outside the mails	8,905	8,574
c. Total requested distribution	12,253	13,181
d (4) Free or nominal rate distribution	234	215
e. Total free or nominal rate distribution	234	215
f. Total distribution	12,559	13,396
g. Copies not distributed (office uses)	129	104
h. Total	12,688	13,500
i. Percent requested circulation	98.2%	99.2%
a. Requested electronic copies (e-subscription)	21,312	21,989
b. Total requested print + electronic distributions	33,637	35,170
c. Total print + electronic distributions	33,871	35,489
d. Percent requested circulation	99.3%	99.1%

Certified, correct, complete

