

One day on the road
WSC 2010 Report
PR update
Living Clean update



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

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From the editor

Last night, the topic of the meeting was "God's will." Folks shared about doing the right thing, self-will versus a higher power's will, and seeing and feeling God's will. I thought about some of the times I faced change or circumstances that would allow me to move forward or in a new direction, and the importance of a higher power's will in those situations. We can make change and progress very painful, indeed. (I'm reminded of the statement: "It's not the change that's painful; it's resisting the change that causes us pain.") I know from those experiences that, whether I'm delighted or scared about my life's journey, if I trust and take the next step, I end up exactly where I'm supposed to be.

This issue of *The NA Way Magazine* highlights moving ahead in our journey. Our members share about their recovery paths. The WSC update highlights lots of change and progress, and we're even including our new vision statement. Be sure to see the significant NA Way change outlined on pages ten and eleven. We are forging a new path for *The NA Way Magazine*, so let's move ahead—together.

De J, Editor

PS: Speaking of change, we've asked members to submit comic strips or other humorous illustrations, and we haven't heard from many of you. Go ahead, take the next step! If you'd like, email me directly at de@na.org, so we can talk about your ideas.

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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.

Riding Sólo por hoy

My dream came true: to travel throughout South America on a motorcycle. I thought about this trip for years, but I had little hope because my using had other plans for me. I ran away from my home country, Argentina, in 1982 after the Falkland Islands war ended. I survived the war as a combat soldier, and my family moved to Cartagena, Colombia. There I immersed myself in another war: my war with drugs. I escaped from my studies and anesthetized the postwar trauma with drugs. I worked with my family at our restaurant, always under the influence. I thought I could control it—until I finally hit bottom and asked for help. I went to an institution where they had an NA group, and I surrendered at the door of this place. My life changed, and the desire to live arrived.

One day I thought it might be possible to make my dream a reality. I began to arrange the trip, and loved the excitement of planning the itinerary, searching for maps, finding NA groups across the length and width of the continent. I shared my excitement with my family. My wife, who is a recovering addict, and my 14-year-old son supported me and knew how important this trip was for me. Being an insulin-dependent diabetic didn't impede me. I became diabetic thanks to using; but, thanks to my recovery, I can do many things clean.

I bought a motorcycle, and named it in my home group the day before I left. Its name was "Solo por hoy" (Just for Today) because I would travel living each day, not rushing, not thinking about when I would arrive, enjoying each day as it was. The journey lasted 106 days. I traveled through ten countries of the South American continent, visited 72 NA groups, and traveled 32,187 km (over 20,000 miles) in a round-trip from Cartagena to Patagonia, Argentina. I rode all types of roads, through deserts, across glaciers, and over mountain ranges. I rode to beaches, where I

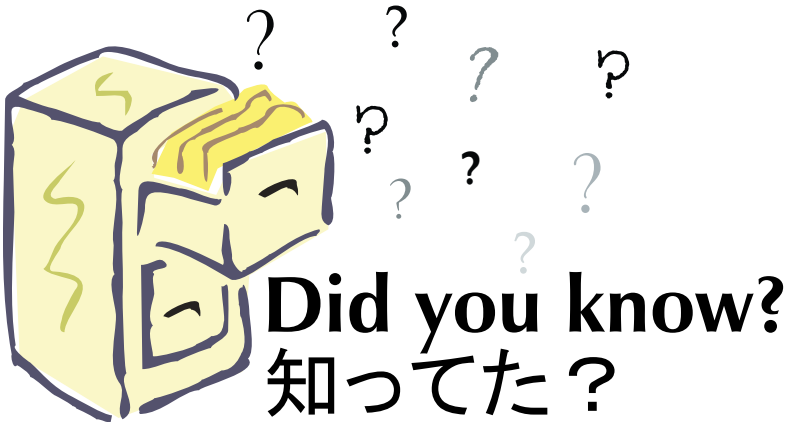
practiced the sport of my passion, surfing on the best waves in South America. My wife joined me for part of the trip, and we journeyed together from Peru to Ecuador, about 3,200 km (about 2,000 miles). We have unforgettable memories.

But I felt the strongest emotions each time I arrived at the next city and I attended an NA meeting. I visited groups in Colombia, Ecuador, Peru, Chile, Argentina, Uruguay, Paraguay, Bolivia, Brazil, and Venezuela. Even though I went on this trip alone, I never felt alone. My Higher Power was always with me, and at the end of each stage, there was an NA group waiting for me.

NA members guided me and provided me with contacts of friends and members in the next cities I would be visiting. Some provided me lodging and introduced me to their families, and I thank each one of them who made me feel right at home. They gave me the affection and love I needed in those moments when I was far away from my family and my friends. But I was not alone; NA was always there, giving me a helping hand.



Gustavo D, Cartagena, Colombia



Did you know... *The NA Way Magazine* is now being translated into Japanese? These efforts were undertaken by members of the NA community in Japan. The first translated issue was January 2010, which was first presented in April 2010 at the WSC. You can view it electronically at www.naway.org.

Did you know... with the April 2010 issue of the magazine, Russian has also been added to the list of *NA Way Magazine* translations? The Russian version is available exclusively via electronic subscription at www.na.org/subscribe.



Did you know... the average cost per copy of *The NA Way Magazine* is about \$1.00? You can help offset these costs by contributing directly to NA World Services at PO Box 9999; Van Nuys, CA 91409, or www.na.org/?ID=donation-external-index.

Did you know... the electronic version of *The NA Way Magazine* includes additional content that's not included in the print version? Your e-sub saves fellowship dollars that would otherwise be spent printing and mailing the magazine.

Did you know... at WSC 2010, a motion was approved to discontinue automatic *NA Way* delivery to all registered groups, service committees, and trusted servants? All subscribers are being asked to reconfirm their subscriptions. (See page 10 for more information.) To re-subscribe to *The NA Way Magazine*, just go to www.na.org/subscribe.

**From New York,
to London, Croatia,
and Bosnia... and
straight to my heart**

This is the second installment of a multipart series, published exclusively in the electronic *NA Way Magazine*. In the introduction, the writer shared about befriending a member who helped start NA meetings in Macedonia, and he planned a trip to meet in person and attend an NA convention in Bosnia. When we left off in the story, he shared:

I knew this trip would be special, and that I was going to experience something extraordinary. I did my best to prepare, but how can one completely prepare for miracles?

**Subscribers to the electronic
NA Way can click here to read
the second installment of
this adventure.**



Walking through

In my twelfth year of recovery, I found myself going through a divorce after 30 years of marriage.

My recovery remained as a primary focus for staying committed to living one day at a time. I used the tools of recovery to make it through each day. I learned that sharing in meetings about going through a painful period of my life was not the end of the world or a reason to relapse. I told my sponsor that I needed to be accountable as I walked through this, and that I wanted to contact her daily. I remained consistent with my meetings and the women I sponsored.

I have always believed it is true that my Higher Power gives me what I can spiritually handle. The support I received was tremendous. When I shared in meetings that I was having a hard time, other members loved me unconditionally. They didn't ask what was going on; they were just there to help me through. I didn't hold back any tears or try to sugarcoat the pain when I shared. Being real helped me, and it also gave newcomers another look at how this program can work when life is happening.

I have never felt so vulnerable with people as I have since I started recovery. My sponsees gave me tremendous support through this period. I cried and shared about my pain with them, and at times I wondered who was sponsoring whom. Their unconditional love was a spiritual awakening for me. I realized this was an opportunity to let down any walls that were barring my humility. They still loved me and wanted me to be their sponsor. Their commitment to this program and reaching out was such a gift.

When I questioned if the divorce was a want or a need, and if it was the right thing to do, my Higher Power would put a situation in my lap, and I heard the answer. I just needed to honor my truth and know that I knew the answer all along. I just needed to listen. I heard my husband tell me he didn't want to be married, and we both agreed that divorce was the right thing to do in order for us to be happy separately. I listened to my gut, and I heard my Higher Power. It was quiet. From then on, I trusted the process. I felt freedom by being honest about how I felt. What a relief. The truth was out in the open. When I shared with another member about needing a place to move to, he told me he would be moving from his home, and that I could move there. I thought it was too easy. My Higher Power was putting the right things in place at the right time. My home group used my moving out as a group activity. My home was in order and ready for my new journey that same day.

At times when I felt alone, the phone rang or someone showed up at my door. I never felt that my Higher Power left me to go through this change by myself. Asking for help was so hard for me when I got here. Today, asking for help is a part of my recovery. People want to help if we ask. I'm not doing anything by myself, and I am thriving through this change.

Diane P. Snohomish, Washington, USA

Today, asking for help is a part of my recovery.

How I spent my NA vacation

I know most people would not consider being tethered to a list of NA meetings for the rest of their life a vacation, but for me it has been just that. Make no mistake; before I got clean, my restless spirit propelled me to travel most of the world. That seemingly dark and dull existence of many addicts was not for me. I preferred to run amok all over the world, seeking drugs from people who would send your average citizen screaming into the night, or lying around in fancy hotels in Europe stoned out of my mind. I used some of the best dope in the world in Thailand and imagined myself very

mitment, and found a family. I married, made a lifelong best friend, and was blessed with a daughter my husband left with me when he relapsed and died. I relapsed, I got clean again, and life went on.

When my job sent me to Asia, I started traveling again—with a new meetings list in my back pocket. In Asia, I searched for meetings, not dope, and if I couldn't find one, I would start one. I experienced all those incredible cultures with a clear eye. I went to meetings in Thailand, where I met the sponsor I still have more than a decade later. I laughed and cried with addicts whose language I did not understand. I felt the joy of seeing people get clean in countries where I had only been loaded in the past. I discovered my higher power on one trip to a place I had considered Godless on my trips there when I was using. Now and again I would

(and only surviving) sister her first-year medallion. This year my "wild child," the child left to me by her father when he died, got clean in Australia. Now I know her dreams will come true, too.

A few years back my life was enriched beyond my wildest dreams when I met and married the man in recovery with whom I will share every NA vacation. We plan, almost like children, with maps and books, where to go, what to see, what meetings to attend when we get to our next destination. We start saving for the next world convention when we get back from the last one.

I live on Maui now and I feel like I have found the paradise I searched for my whole life. I have a life beyond my wildest dreams. I have a husband who loves me, friends in recovery, and a spiritual path. The fellowship of Narcotics Anonymous gave all of this to me.

Kerry S, Hawaii, USA

*We plan, almost like children,
with maps and books,
where to go, what to see,
what meetings to attend...*

cool getting high with junkies in Paris. I followed the trail to Afghanistan and smuggled drugs from Colombia. My biggest fear when I got clean was that I had seen my best days (only an addict would consider those great days). It has been the opposite in my recovery. I still have a restless spirit, maybe even more so.

I lived in New York City for most of my using and only saw the city at night. I missed the museums, the architecture, the bookstores, parks, Broadway plays, and all the rest. When I got clean, the entire city came alive for me. I could sit in a cafe in the Village and see the world for the first time, without checking my watch every five minutes while I waited for the dope man. After I had been clean for a few years, with an NA meetings list in my back pocket, I moved to Australia with no money and no plan. I saw that magnificent continent, missing none of its magic because I was too loaded. I went to meetings, made a service com-

find a fellow NA traveler and we would join up to find meetings in places we had never been. Sometimes I would be stopped in the street by an addict who recognized my NA pendant hanging from my neck like a good luck charm. I have NA friends all over the world because we share a desire to hold onto each other. We know that is how we stay clean—one addict helping another.

I learned to find the nearest NA convention the same way I had once learned to find the best dope. Convention addicts became my connections. We write to each other from far-off corners of the world, making plans to meet in Paris, Colombia, California, Hawaii, or in some small town having its first NA convention that needs the support of other addicts. I have been to biker conventions, oldtimers' conventions, and women's conventions. A few years ago I was blessed to speak at an NA convention in Palm Springs, California, and give my youngest

My recovery vehicle

Does writing about feelings really help one's recovery? Recover what? Is recovery being wide awake to experience these emotions? Feelings, these crescent blades ripping at my insides, these emotional volcanoes of sadness and loneliness welling up, screaming for an eye to escape through like the circulating winds of a hurricane, forever searching for a place where they can whirl forward with intended direction. Will writing deflect the power of the storm away from my eyes, the customary aperture, the release valve for tattered love, raining down like so many rills, cascading one upon the other, making apparent that which is private? How much should I share? How public must I be to soften the blows to my wounded window of a heart? How much must I be blown apart?

Emotional recovery; what is that? Does the experience of emotions make one healthy? Do I have a choice? I have

no idea. I experience. I feel. I hurt. I hate. I love. I, I . . . I am writing. I feel the wind blow. Thank God for the creative voice, this voice that I need in order to recover. Discovery of the voice and exercising it will free me to be fully human, to discover the vehicle and then to transport through it, through that eye, all these feelings, emotions.

Expressing my feelings in some form will help carry me through the storm of emotional life and allow me to experience more of it. Without it, my medium, my vehicle, my expressive self, my voice, I would not have the courage to experience life. Without it, emotional explosions would build up inside me until the point where, I fear, one more feeling, emotion, explosion would kill me, and so I would hide from life to protect myself from that fatal feeling. But I write, I share, I release pressure and make ready room within myself for the next emotion. I live more fully in the wonderment of discovery because I have found my voice in the voice of recovery. WRITE!

Dave M, California, USA

One day on the road

For more than twenty-two years now, I've shared a story of what I used to do on Saturdays when I got clean. Back then, I had a hard time with Saturdays because I got paid on Friday and had nothing to do on Saturday. So, I took the suggestions and went to a meeting, but found that one meeting wasn't enough for me at that time. I found other meetings to attend on Saturday. During my first two years clean I used to attend four meetings on Saturday and still make the dance that night, plus hang out at different restaurants after each meeting with members of the group I had just attended.

Not long ago, one of my sponsees asked if I would join him and one of his friends in attending four meetings on a Saturday. I said I would love to, and they asked me to look at a meeting list and plan our route. As I looked at the meeting list (which is much larger now than it was in 1986), I started doing the math



Just pedal

My road to recovery and spiritual journey in life are like riding a tandem bicycle. For many, many years I was the one in the front, steering. I took all sorts of wrong turns and hit many rough spots. As a matter of fact, there are too many to mention. I always had God in the backseat, and only called on Him for help and directions when I was in the middle of pain and in trouble. Then there came a time when I made a decision to turn my will and my life over to the care of God. To "let go and let God" was totally foreign to me. My self-centeredness could not bear to let go of the control I thought I had to anyone or anything else, but I worked our steps.

With God in the front seat, we rode past my old stomping grounds and I looked in the tiny rearview mirror attached to my helmet. I could see all of the people, places, and things that I had used and abused. I could see all the pain, lies, misery, and every wrong turn I had taken. During these times, God would turn around with a smile and say, "Just pedal! All of these situations will remain where they are today, in the past, if you continue to ride with me."

We have encountered many amazing situations, some so beautiful that they defy description. Others were scary and confusing, and some were so painful I didn't think I could make it. Each of these times, God would turn around with a smile, give me a hug, and say, "I got you. Just pedal!"

Today there are so many more happy, joyous, and free days than there are scary, confusing, and painful days. My road to recovery and my spiritual journey are still like riding a tandem bicycle, except God is always in the front with His hands on the handlebars, steering me on the path of His will for me. My decision each day is quite simple: Just for today, just pedal!

Wayne VW, Rhode Island, USA

and saw that we could squeeze in eight meetings if we planned it right. This kind of put my sponsee off a bit (fear), so we agreed to make four meetings.

We started at "Honest Recovery" in Royal Oak, at 10:00 am, and then we went to a new meeting with no name in South Lyon, at 12:00 pm. We stopped for breakfast before attending "We Didn't Quit, We Surrendered" in West Bloomfield at 2:30 pm. Our next meeting was "Staying Clean on State Street" in Pontiac at 4:00 pm. It was at this point that the guys asked if we could go to one more meeting, so off we went to "Together We Stand" in Detroit at 5:30 pm.

Well, the guys were all jazzed and wanted to see how many more meetings we could make, so we headed for "Walk This Way" back in Pontiac at 8:00 pm. At 10:00 pm we were at "Saturday Night Owls" in Pontiac, only to find the meeting was closed and nobody had taken it off the meeting list. We went out for a bite to eat again, and made it to our last meeting at 11:30 pm in Roseville, "All You Need in Roseville." We found about twelve addicts waiting around, but none of the four members who held keys for this meeting showed up or called someone else to let them know they weren't coming.

As we were leaving, my sponsee said, "We broke my sponsor's record." I pointed out that since I was with them, all they did was tie my *new* record. We all had a good laugh, and the guys asked when we could do this again. I said soon; see, I'm not as young as I used to be.

It was a day full of fellowship and fun. We spent 15 hours on the road, put 141 miles on the car, used seven gallons of gas, actually attended six but made it to eight meetings on time, and didn't leave any of them early. We met a lot of members from three different counties, five different cities, four NA areas, and two NA regions.

Now do the math: Three guys chipping in for seven gallons of gas at \$4.00 per gallon is \$9.33 each! Next time you're sitting around with nothing to do on a Saturday, think about our road trip. See if you can break our record. I'll bet if you try, you'll have a great time making new friends and getting closer to the ones who go on the road trip with you.

Anonymous, Michigan, USA



OUR VISION

The beginning of a new conference cycle

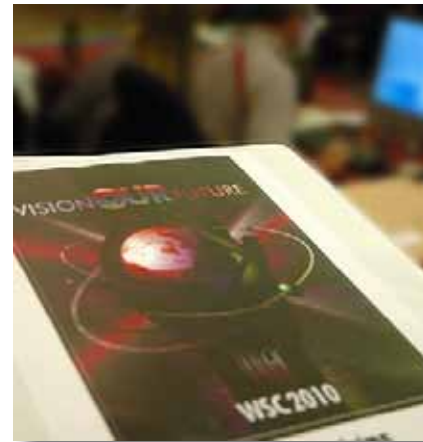
It's impossible to summarize everything that happened during the 2010 World Service Conference in such limited space, but some of the highlights are included here. For complete conference information, including a summary of decisions, please visit www.na.org/conference.

We now have a **vision statement** for all NA services. By unanimous consent, WSC 2010 adopted "A Vision for NA Service," which is included on page 20 of this issue of *The NA Way Magazine*. We encourage you to use this in your service efforts. It eloquently articulates what we strive for in carrying our message.

The conference approved changes to the guidelines for the automatic **distribution of *The NA Way Magazine*** to help eliminate delivery of unwanted copies and minimize the effect of rising distribution costs. The paper version of the October 2010 issue will be the last issue sent automatically to all NA groups, individuals, or service bodies. Individuals who wish to receive *The NA Way* will need to resubscribe or e-subscribe. Service bodies will be able to request multi-copy subscriptions on behalf of their subcommittees, trusted servants, and groups. These changes will take place in late 2010, but resubscriptions and e-subscriptions can be submitted beginning now at www.na.org/subscribe.



A view of WSC 2010 from the translators' booth.



The proposed revisions to *In Times of Illness* were adopted by unanimous consent, and the revised booklet will be available July 2010. *Money Matters: Self-Support in NA* (IP #24) and *Funding NA Services* (IP #28) were also adopted, and will be available July 2010. These pamphlets replace IPs #24 and #25. Regional reports at WSC 2010 confirmed that self-support is an issue throughout the fellowship, so we hope these new IPs will help address this challenging topic. We are planning sessions to introduce these new materials.

We have been using a service model designed in the 1980s, whose effectiveness and lack of flexibility may have outlived itself. At the conference, we presented initial ideas for redesigning the **service system**, that now need to be reviewed and discussed fellowshipwide. The Service System Project webpage is now online and includes material distributed at the conference, background reports, a current update, and a link to a bulletin board for the project, too. We plan to hold a series of five US workshops, mid-August through mid-November, to discuss and gather input on the structural

Subscribers to the electronic *NA Way* can click here for an updated map of NA regions and meetings.



Flyers and meeting lists from around the world.

model proposals. Updates will be posted online as they are available: www.na.org/?ID=servsys.

The conference made changes to the policy for **world convention** planning. Instead of a "local support committee," the board will utilize a "WCNA workgroup." Also, pre-registration for WCNA 34 (1-4 September 2011 in San Diego) is scheduled to go on sale late in 2010.

Updated versions of the *Membership Survey, NA: A Resource in Your Community*, and *Information about NA* are now available. There is also a revised *Basic H&I Guide*, the brand new *PR Basics*, and other PR tools like tote bags and pens for use at professional events and presentations. You can find all of these resources and other information about PR at www.na.org/?ID=PR-index.

The second review-and-input period for Chapters Three, Four, and Five of "*Living Clean: The Journey Continues*" ended 30 June. The third and final review and input period (Chapters Six and Seven, and the Preface) is planned for 1 October through 31 December 2010. For more information and to contribute your experience, visit www.na.org/?ID=Living_Clean_Project or email us at livingclean@na.org.

In our **financial discussions**, we again acknowledged that no organization or individual stands unaffected by today's economy, including NA. We have reduced expenses across the board, and we continue to report that fellowship contributions are markedly down. More and more demand is coming from communities that have limited resources, compelling those of us who do have resources to give more. In these challenging times, financial support to help in carrying the message worldwide is essential. In addition to contributing to NA World Services via groups and service committees, members can contribute directly via mail or online at www.na.org/?ID=donation-external-index.

OUR FUTURE

Election Results

The conference elected two Cofacilitators, six World Board members, and two Human Resource Panel members.

WSC Cofacilitators

Marc G Chicagoland Region
Jack H Washington/No Idaho Region

World Board

Mary B Lone Star Region
Ron B Australian Region
Iñigo C U Spain Region
Piet de B Sweden Region
Mukam H-D New Jersey Region
Ron M Florida Region

Human Resource Panel

Pat P Arkansas Region
Mark W Alabama/NW Florida Region

A written summary of the decisions made at WSC 2010 can be found on our website at www.na.org/conference. We encourage everyone interested in the activities of the conference to regularly check back on the World Service Conference page as this is an area that we update regularly.

Your **NA Way** subscription is going away.

The **NA Way Magazine** is an important communication vehicle for our fellowship. It's a unique forum for sharing about NA recovery, unity, and service, and information about NA World Services. Many readers have chosen the electronic version of the magazine, which now includes enhanced content, but each year we still distribute more than 160,000 paper copies of *The NA Way*. At great expense, **thousands are returned** as undeliverable. We are challenged with continuing to provide this valuable resource and containing the cost of distributing it.

We took this discussion to the World Service Conference, where two recommendations were made to eliminate delivery of unwanted printed copies of the magazine and minimize rising distribution costs:

- Individuals with Internet access are urged to **e-subscribe**, which provides enhanced content that is not included in the paper version. This option eliminates the cost of printing and sending the magazine to you. If you don't have Internet access, or require a paper copy, you must resubscribe for the paper version.
- The magazine **will no longer be sent automatically** to NA groups, trusted servants, and service committees. Service bodies will be able to request multiple-copy subscriptions on behalf of their committees, trusted servants, and groups. Service bodies can visit www.na.org/subscribe for more information on multi-copy subscriptions.

These changes will take place in late 2010, but now is the time to e-subscribe at www.na.org/subscribe. If you don't e-subscribe or resubscribe, October is the last issue you will receive. The January 2011 issue will be delivered only electronically and to readers who have resubscribed.

**October
is the
last issue**

We will continue to add value to your electronic NA Way Magazine by including enhancements like additional stories, follow-up articles, photo features, live links to related information, etc.

subscription

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is the time to
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The NA Way will continue to be a free periodical, but we encourage our readers and trusted servants to work with us in this process. Please let others know about the upcoming changes.

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If you don't have Internet access or require a paper copy, check here Paper

Take action now!



Public Relations

Did you know that an NA Public Relations Committee was established at the 1976 World Service Conference—nearly 35 years ago?

The public relations session at WSC 2010 focused on fellowship PR efforts. These included locally developed public service announcements, billboards, posters, and professional conferences attended by local trusted servants. Viewing various activities that members can do to carry our message of recovery seemed to spark enthusiasm for public relations.

In 2002, PR roundtables started a new phase of NA public relations. Professionals from the criminal justice, public policy, medical, and treatment fields were questioned about NA. The focus of these queries was to identify areas of our program that may have deficiencies, and to get these professionals' perspective on how we can improve. We learned from them that our service efforts were inconsistent and lacked follow-up. This helped us understand that public relations means building *and* maintaining relationships, with planning and follow-up being of equal importance.

2004 marked a concerted public relations effort that included a PR strategy for long-range planning across many professional disciplines and media. The *Public Relations Handbook*, which is a service manual that includes a "PR Statement of Purpose," is part of this strategy. With the introduction of the *Public Relations Handbook*, 2006 was the year that we began PR workshops throughout our fellowship. In general, members lacked familiarity with the basic concepts and actions associated with public relations. The workshops focused on how our traditions align with this service, as well as how to apply public relations to criminal justice, treatment, health care, phonedlines, Internet technology, government, etc.

2010 demonstrated that we still have work to do. We are moving forward, but our service efforts are not complete. Regional reports illustrated that area and regional PR/PI committees have begun to participate in an array of activities to inform folks about NA. We introduced new resources to help trusted servants:

- *PR Basics* – This is a digest of information contained in the PRHB.
- *Basic H&I Guide* – This is an updated booklet.

Additional tools that may help members in their efforts and which were showcased at the conference are:

- *PR tote bag* – This lightweight bag is useful for carrying literature and features the NA logo and website.
- *PR pens* – A must-have for any conference, this pen also features the NA logo and website.
- *Reaching Out* – A quarterly magazine for incarcerated addicts that is a useful resource for professionals in the criminal justice field. The section "From the Outside" demonstrates the efficacy of the NA program in members' own words.

A staple for public relations efforts is the *Membership Survey*. The 2009 survey has been updated and is now available. Responses indicate that cleantime in NA continues to increase, with the average now being 9.1 years. The top influence to attend NA was identified as being treatment/counseling. This information seems to indicate that referring addiction professionals increasingly view NA as a credible community resource. One of the new questions in the 2009 survey asked about family members in a twelve-step program; respondents stated that nearly 41% have family members in recovery. This survey is a valuable PR/PI tool to inform professionals about the demographics of NA.





Living Clean: The Journey Continues

*We are recovering
in the here and
now and the
future becomes
an exciting
journey.*

Basic Text

***The final
review and input
period is 1 October –
31 December 2010***

[www.na.org/?ID=
Living_Clean_Project](http://www.na.org/?ID=Living_Clean_Project)
worldboard@na.org
www.na.org

The review and input period for Chapters Three, Four, and Five ended on 30 June 2010. Thank you to everyone who took the time to read and share your suggestions for the book. This process allows members to be a part of the project and to have a stake in this newly developed piece of literature. We will be factoring in the comments received from the fellowship and revising the chapters accordingly.

We would like to extend our thanks to all of the communities who are hosting workshops, generating input, and reviewing the material we have so far. We have received input from a wide variety of locations, from Greece to Greensboro, NC. Some of the workshops are being hosted by area committees; some are organized by interested members arranging a time and space for others to sit down together to write about the topics in the outline. Members have contributed individually, as well. We also asked participants at the 2010 World Service Conference to share their thoughts on four specific questions as a way of gathering additional source material for the book. All of the input contributes to our goal of having a book that reflects recovery as experienced in Narcotics Anonymous.

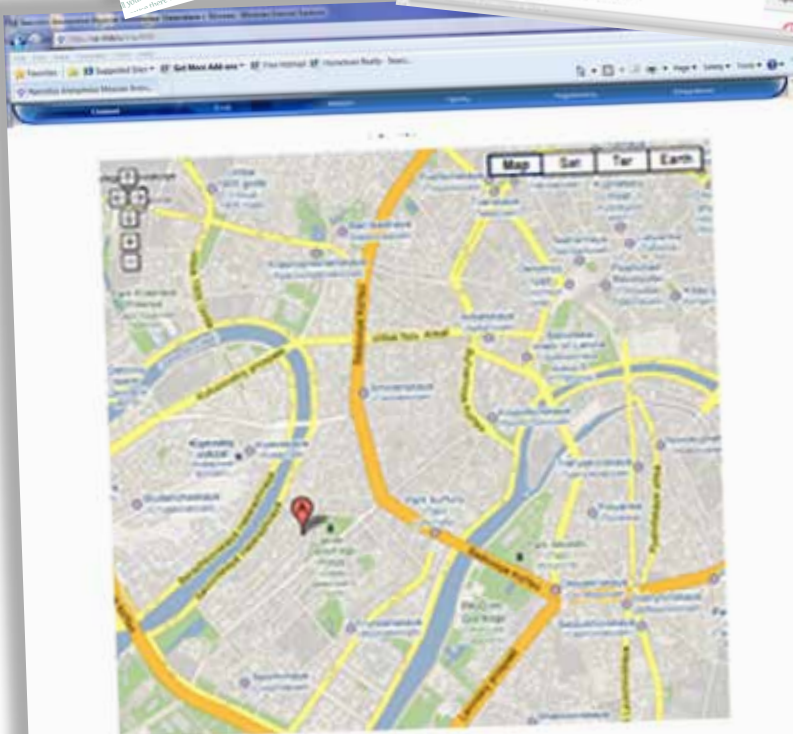
There are only two more chapters to go in initial development of material for “Living Clean,” but all of the chapters are being revised and re-revised in response to ongoing input. Drafting is ongoing for the final two chapters, tentatively titled “Moving Beyond Social Acceptability” (Chapter Six) and “The Journey Continues” (Chapter Seven). In addition, the Preface is in the draft phase. The final review-and-input period is 1 October – 31 December 2010 and will include Chapters Six and Seven and the Preface. The approval form of the book will go out in April 2011, as called for in the project plan.

Check the project page at
www.na.org/?ID=Living_Clean_Project
for the latest about the project.

Picture this

NA communities are invited to send photographs of their meeting places. Sorry, we cannot use photos that identify NA members. Please tell us about your meeting, its name, the location and city, how long it has been in existence, your format, and what makes it *your* home group.

Moscow NA speaks English now



There are no borders in the Narcotics Anonymous community because our fellowship's love and unanimity have no boundaries. Well, Moscow is the city that will never let us forget this. Moscow is a tough and dangerous megacity that lives by its own code, but our NA community and groups are an exception. This is where recovering addicts, whoever they are, can feel secure and loved in the unity of our anonymous brothers and sisters.

On 8 May 2010 the Hugs Group—the first English-speaking NA group in the history of the Russian NA community—was launched in Moscow. There was a need for it, and now it has happened. The only thing that's left to do is to come and give a hug to the others and feel at home again. The group meets each Saturday 1:00 pm–2:15 pm. You can see the map here: <http://na-msk.ru/eng.html>. For details please call the Moscow NA hotline at 7.495.505.33.96.

Seva L, Moscow, Russia

Time for a meeting?

There's always a right time and place for a meeting, and this list of group names might help you narrow down your choices.

If you're looking for a particular day of the week, check out these groups: Why Not Monday Night?, Sure Happy It's Thursday, Frantic Friday, or Saturday Night Fever. If you can't decide on a day of the week, but you have plenty of time, you might try the Seven Days Group.

When your schedule requires that you fit a meeting into a particular time of day, perhaps these groups will work: First Light, After the Cartoons, Just for Today Lunchtime, Teatime Recovery, Recovery at Dusk, or Midnight Train Wreck. If the time of day doesn't matter, but you just happen to be in a forest, you'll like the Awake in the Woods Group.

Have a limited amount of time or need to do your meeting at a very specific time? Then these will fit your needs: Five-Minute Group, One-Hour Candlelight, 12 at 6:15 Group, or the 7:04 Group.

For some, a specific time is not important, but time *still* plays a role in our choice, like these groups: Always on Time, Never on Time, Just in Time, Every Second Counts, Late but Straight, and Better Late than Never. One group focuses on sharing time, so they're the Equal Time Group. Another may not be ready when you get there; they're the Not Yet Group.

We've all qualified to attend the Clean and Sleepy Group at one time or another. We know that we can agree with the Yesterday Is Gone Group and the Ain't Over 'til It's Over Group. And, of course, there's always the It's Never Over Group.

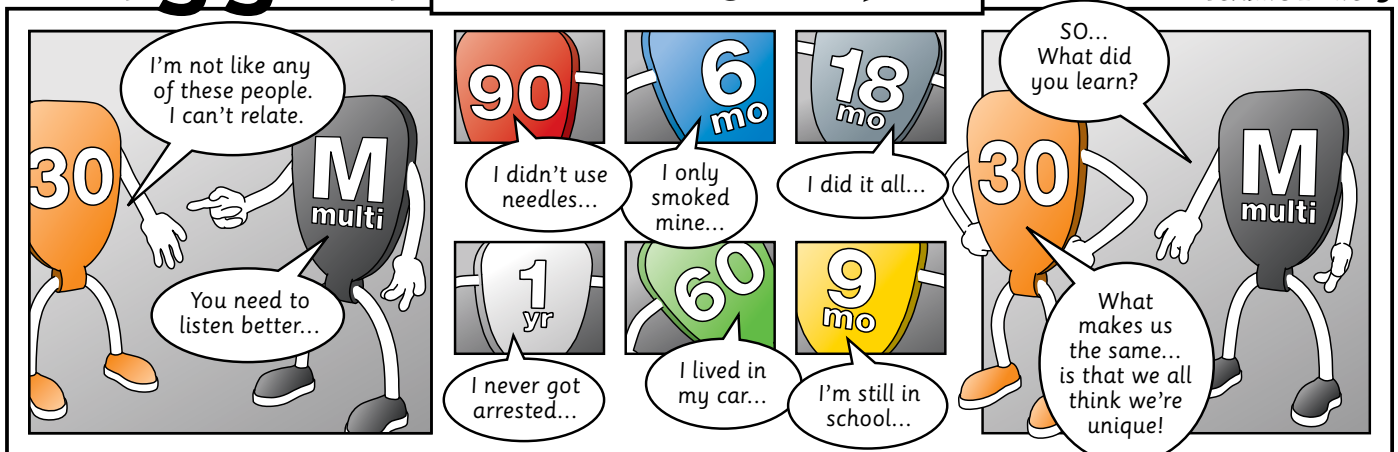
So, when someone says you need a meeting or you hear that call "It's meeting time!" remember that you have lots of choices whatever time of day it is.



Tagged

"Terminally Unique"

volume 1 - no. 3



Mike C, California, USA



CALENDAR

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

Victoria 3-5 Aug; Victoria Area Convention; Saint Helgas Hall, Melbourne; 424.100.800

Bahamas

New Providence 5-7 Nov; Bahamas Area Convention 21; British Colonial Hilton, Nassau; 242.361.3710; speaker tape deadline: 19 Aug; Bahamas Area; Box CB-13549; Nassau, Bahamas

Brazil

Sao Paolo 24-26 Sep; Interior Paulista Area Festival da Música; Acampamento Bastista, Sumaré; www.osomdamensagem.com.br

Canada

British Columbia 13-15 Aug; North Okanagan Area Campout; Komasket Park, Vernon; 250.309.8974

Ontario 20-22 Aug; Golden Triangle Area Campvention 19; Guelph Lake Conservation Area; www.gtascna.on.ca/gorging.htm

Prince Edward Island 13-15 Aug; Prince Edward Island Area Convention 3; University of PEI, Charlottetown; 902.894.3277

Saskatchewan 16-18 Jul; Back to Basics Group Unity Weekend Campout 7; Moose Jaw District Scout Camp, Moose Jaw; 306.691.5639

Colombia

Distrito Capital 14-16 Aug; Convención Regional de Colombia 19; Teatro ECCI El Dorado, Bogotá; www.nacolombia.org/convencion.html

Denmark

Skanderborg 30 Jul-1 Aug; Midtjylland Area Convention & Camp; Audonicon, Skanderborg; www.nakonvent.dk

Finland

Pohjanmaa 3-5 Sep; Finnish Regional Convention 22; Lepikko Camp Center, Vaasa; www.nasuomi.org/fincna22

Germany

Lower Saxony/Niedersachsen 1-3 Oct; Nord Area Convention 2; Eduard-Schilling-Stiftung, Harpstedt; www.na-nord.de/termine

North Rhine Westfalia 20-22 Aug; West Area Bochum Groups Anniversary 20; Rudolf-Steiner-Schule, Bochum; 0049.170.2955465

Honduras

Tegucigalpa 17-19 Sep; Primera Convención Regional Honduras I Crenahon; Hotel Alameda, Tegucigalpa; 504.9984.4040

India

Uttarakhand 23-25 Sep; Delhi Area Convention 9; Royal Hotel, Nainital; speaker tape deadline: 25 Sep; www.nadelhi.org/events.html

Israel

Dead Sea 2-4 Sep; European Convention & Conference 26; Royal Hotel Dead Sea, Dead Sea; www.ecna26.org

Japan

Kanagawa 20-22 Aug; Japan Regional Convention; Yokohama Red Brick Warehouse, Yokohama; www.najapan.org/minami-kanto

Okinawa 16-18 Jul; Okinawa Area Convention 3; National Okinawa Youth Friendship Center, Okinawa Naha; www.najapan.org/okinawa

Mexico

Baja California 22-24 Oct; Area Baja Costa Convention 18; Grand Hotel, Tijuana; speaker tape deadline: 5 Oct; www.Baja-son.com

Nepal

Nuwakot District 17-18 Sep; Kathmandu Area Campout 5; Kakani International Training Center, Kathmandu; speaker tape deadline: 1 Sep; www.nakathmandu.org

New Zealand

Otago 22-24 Oct; Aotearoa NZ Regional Convention; Clubs & Societies Centre, OUSA, Dunedin; 006434561447

Norway

Sandefjord 20-22 Aug; Norway Area East Convention 2; Bredablikk Ungdomsskole, Sandefjord; www.nanorge.org

Panama

Colón 16-18 Jul; Panama Regional Convención 8; Radisson Hotel Colon 2000, Colón; www.napanama.org

Puerto Rico

San Juan 23-25 Jul; Región del Coqui Convención Unidos Podemos 21; Conrad Condado Plaza, San Juan; www.na-pr.net

Turkey

Istanbul 1-3 Oct; Turkey Regional Convention 8; Grand Sile Hotel, Istanbul; www.na-turkiye.org

United States

Alaska 1-3 Oct; Alaska Regional Convention 26; Alyeska Prince Hotel, Girdwood; www.akna.org/arcna/arcna_xxvi

Arizona 15-17 Oct; Mexico-Arizona-California Convention 2; Hilton Garden Inn-Pivot Point Conference Center, Yuma; www.maccna.org

Arkansas 15-17 Oct; Arkansas Regional Convention 3; Holiday Inn, Jonesboro; www.arkansasregionalconvention.org

California 16-18 Jul; Napa/Solano Area Women's Spiritual Retreat 16; Golden Pines Resort, Arnold; 707.344.4479

2) 26-29 Aug; Greater East LA Area Convention; Doubletree Los Angeles/Commerce, Commerce; www.greatereastlosna.com/index.html

3) 8-10 Oct; San Francisco Area Rainbow Convention 15; Hotel Whitcomb, San Francisco; www.rainbowconvention.org

Colorado 23-25 Jul; Ain't Dead Yet Group Camp Out 2; Printer Boy Camp Ground-Turquoise Lake, Leadville; 720.690.7586

2) 15-17 Oct; Colorado Regional Convention 24; DoubleTree, Grand Junction; www.nacolorado.org/crcna

Connecticut 20-22 Aug; Seriously Seeking Recovery-Between the Covers Group Campout; Camp Cedarcrest, Orange; 203.799.2150; www.ghasc.org/Flyers%202010/CampoutRegistration.pdf

2) 28-28 Aug; Southern Fairfield County Area Serenity on the Sound; Kosciuszko Park, Stamford; www.ctna.org/activities.htm

Florida 13-15 Aug; Uncoast Area Convention; Paramount Plaza Hotel/Suites, Gainesville; 352.222.6000

2) 13-15 Aug; Freedom Group Shattering the Illusion 9; Sheraton Sand Key Resort, Clearwater Beach; 513.295.3130

3) 20-22 Aug; South Florida Regional Convention 16; Naples Beach Hotel & Golf Club, Naples; www.soflarscna.org

4) 17-19 Sep; First Coast Area Convention 10; Renaissance Resort-World Golf Village, Saint Augustine; www.firstcoastna.org

5) 1-3 Oct; Greater Pensacola Area HOWL 31; Adventures Unlimited, Milton; speaker tape deadline: 15 Aug; www.pensacolana.org

6) 15-17 Oct; Heartland Area Convention 8; River Ranch, River Ranch; www.naffheartland.org/events.htm

Georgia 16-18 Jul; Piedmont Area Anniversary 28; Warner Robins Conference Center, Warner Robbins; 478.390.3556

Hawaii 27-29 Aug; Maui Area Gathering 21; Boy Scouts Camp Maluhia, Wailuku; www.na-hawaii.org/area_gatherings.htm

2) 28-31 Oct; Hawaii Regional Convention 18; King Kamehameha Kona Beach Hotel, Kailua Kona; www.na-hawaii.org

Illinois 2-5 Sep; South City Area Convention 6; Holiday Inn Select, Tinley Park; www.chicagona.org/

2) 15-17 Oct; Chicagoland Hispanic Area Convention; Chicago Marriott Midway, Chicago; 773.443.5598

Indiana 10-12 Sep; Central Indiana Area Convention 7; Marriott East Hotel, Indianapolis; 317.313.7079

Louisiana 2-5 Sep; New Orleans Area Convention 11; Marriott New Orleans-Convention Center, New Orleans; www.neworleansareaofna.org

Maryland 17-19 Sep; Tri-County Area Unity Retreat; Lions Camp Merrick, Nanjemoy; www.cprna.org/events/index.htm

2) 22-24 Oct; Ocean Gateway Area Convention 13; Clarion Fountainebleau, Ocean City; speaker tape deadline: 1 Sep; www.ogana.org

Massachusetts 20-22 Aug; Cape Cod Area Campout 10; YMCA Camp Lyndon, Sandwich; 508.524.8277

2) 3-6 Sep; SE Mass Area Rough'n It in Recovery Campout 14; Camp Yomechas, Middleboro; 508.509.3483; speaker tape deadline: 10 Aug

3) 24-26 Sep; South Eastern Massachusetts Area Women's Retreat; Craigville Conference Center, Centerville; 508.889.9550; speaker tape deadline: 15 Aug

4) 22-24 Oct; Berkshire County Area Convention 3; Jiminy Peak Mountain Resort, Hancock; www.berkshirena.org

Michigan 29-31 Oct; Southwest Michigan Area Convention 5; Radisson Hotel, Kalamazoo; www.michigan-na.org

Minnesota 17-19 Sep; Inner Cities Unity Convention; Hyatt Regency, Minneapolis; www.icuctc.com

Missouri 3-5 Sep; Metro East Area Discover Recovery Campout 3; Cuivre River State Park, Troy; 618.520.0502

Nevada 16-18 Jul; California-Arizona-Nevada Areas Convention 18; Riverside Resort & Casino, Laughlin; 863.604.0550

2) 24-26 Sep; East Las Vegas Area Convention 10; Gold Coast Hotel & Casino, Las Vegas; www.elvana.org

New Hampshire 30 Jul-1 Aug; Granite State Area Convention 6; Radisson Nashua Castle Hotel, Nashua; www.gsana.org

2) 20-22 Aug; Green Mountain Area Campout; Crow's Nest Campground, Newport; 802.353.2897

New Jersey 16-18 Jul; Burlington County Area Campout; Bass River State Forest, Tuckerton; 609.284.6311

2) 27-29 Aug; Hudson County Area Convention; Sheraton Meadowlands Hotel & Conference Center, East Rutherford; 201.736.0014

3) 2-3 Oct; Capital Area Basketball Tournament Speaker Jam; Trenton Housing Authority Community Center, Trenton; 609.414.2406

New York 27-29 Aug; ABCD Region Recovery Under Construction; Crowne Plaza, Albany; www.abcdna.org

2) 27-29 Aug; Suffolk Area Convention 10; Melville Marriott, Melville; www.sasna.org

3) 3-6 Sep; Buffalo Area Recovery in the Woods 22; Camp Pioneer & Retreat Center, Angola; www.nawny.org

4) 15-17 Oct; Open Arms Area Convention 3; Holiday Inn, Suffern; 856.924.3827; speaker tape deadline: 15 Aug; Open Arms Area NY; Box 1563; Newburgh, NY 12551

North Carolina 23-25 Jul; New Hope Area Convention 17; Sheraton Imperial Hotel & Convention Center, Durham; www.nhacna.org

2) 20-22 Aug; Twin City Area Convention; Embassy Suites Hotel & Marriott, Winston-Salem; 336.293.6724

3) 10-12 Sep; Piedmont Area Convention Unite for Life 3; Clarion Hotel, Greensboro; 336.340.8656

Ohio 17-19 Sep; Kentucky Ohio Recovery Area Friendly Valley; Camp Oyo Boy Scout Camp, West Portsmouth; www.myspace.com/korasna

2) 1-3 Oct; Western Reserve Area Woman-2-Woman Speaker Jam; Clarion Inn & Conference Center, Hudson; speaker tape deadline: 15 Aug; www.nabuckeye.org/ACTIVITIES_.html

Oklahoma 16-18 Jul; Plains Area Roman Nose Spiritual Retreat; Roman Nose State Park, Watonga; www.okna.org/activities.htm

Pennsylvania 17-19 Sep; Little Apple Area Convention 29; Holiday Inn, Allentown; 484.553.0418

2) 17-19 Sep; Williamsport Area Convention 12; Best Western Hotel, Williamsport; 570.974.6527

South Carolina 13-15 Aug; Central Carolina Area Convention 14; Courtyard Columbia Downtown-USC, Columbia; 803.546.6817

South Dakota 8-15 Aug; Other Side Group Sheridan Lake Campout 16; Squirrel Group Campsite at Sheridan Lake, Hill City; www.sdrna.com

2) 17-19 Sep; South Dakota Regional Convention 13; Kings Inn Hotel & Conference, Pierre; www.sdrna.com

Tennessee 24-26 Sep; Chattanooga Area Campout 24; Dogwood Lodge, Soddy Daisy; 423.903.0013; speaker tape deadline: 31 Jul; Chattanooga Area; Box 23222; Chattanooga, TN

Texas 3-5 Sep; Fort Worth Area Convention 7; Marriott Hotel & Golf Club-Texas Motor Speedway, Fort Worth; www.fwana.org

2) 1-3 Oct; Esperanza Area Frolic in the Woods 19; Garner State Park, Concan; www.eanaonline.org

Virginia 16-18 Jul; Blue Ridge Area Campout 29; Natural Chimneys Campground, Mount Solon; www.brana.org/campout.asp

2) 6-8 Aug; Almost Heaven Area Convention 24; 4H Educational Center, Front Royal; <http://na2day.tripod.com/genericflier24.pdf>

3) 3-6 Sep; Marion Survivor's Group Labor Day Campout 14; Hungry Mother Lutheran Retreat Center, Marion; 276.356.3878

Washington 23-25 Jul; Seattle Area International Convention 2; Seattle Center, Seattle; www.seattlenaconvention.org/index.html

2) 13-15 Aug; South Whidbey Group Campout; South Whidbey State Park, Freeland; www.npsana.org/Set Free in Freeland.jpg

4) 3-5 Sep; North Puget Sound Area Spiritual Connections 27; Cornet Bay Environmental Learning Center, Whidbey Island; www.npsana.org

Wisconsin 1-3 Oct; Big Rivers Area Let Loose 5; Wyalusing State Park, Bagley; www.bigriversna.org

2) 22-24 Oct; Wisconsin Regional State Convention 27; Chula Vista Resort, Wisconsin Dells; www.wsnac.info

World Unity Day

4 September 2010



In a spirit of unity, we will join together around the world and say the Serenity Prayer at the same time.

www.na.org/?ID=nawsevents-event-reg

Calling all H&I subcommittees!

Do you know about *Reaching Out*? This quarterly newsletter is a valuable resource that provides hope and inspiration to NA members who are institutionalized. We offer free subscriptions to incarcerated and institutionalized addicts and we send twelve free copies to every registered area service committee. For H&I subcommittees with multiple panels, there is a 20-copy bulk subscription for \$31.00 per year.

The "From the Inside" section of *Reaching Out* features letters from members who are institutionalized, providing a vital link with other NA members. "From the Outside" letters demonstrate that when they are released, members can go on to become responsible, productive members of society. This also gives criminal justice professionals an opportunity to see NA as a credible program of recovery.

Support this effort through subscribing and contributing your experience, strength, and hope. We are always looking for written submissions from members who:

- found recovery in NA while incarcerated or institutionalized;
- participate in area or regional H&I service;
- participate in sponsorship behind the walls service.

WE WANT TO HEAR FROM YOU!

Read or subscribe to the electronic *Reaching Out* at
www.na.org/?ID=reaching-out-index

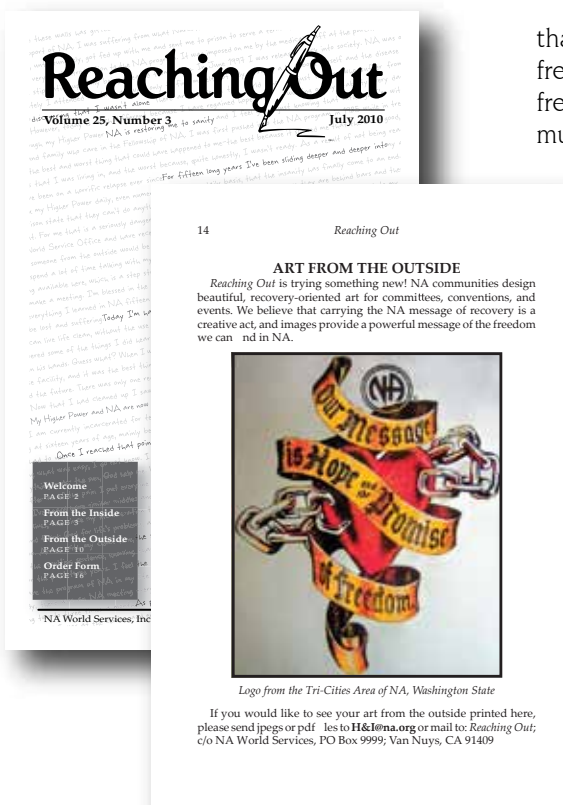
Email: h&i@na.org

Mail: **Reaching Out**

NA World Services
 PO Box 9999

Van Nuys, CA 91409 USA

Fax: 818.773.0700



14 Reaching Out

ART FROM THE OUTSIDE
Reaching Out is trying something new! NA communities design beautiful, recovery-oriented art for committees, conventions, and events. We believe that carrying the NA message of recovery is a creative act, and images provide a powerful message of the freedom we can find in NA.



Logo from the Tri-Cities Area of NA, Washington State

If you would like to see your art from the outside printed here, please send jpegs or pdf files to H&I@na.org or mail to: *Reaching Out*, c/o NA World Services, PO Box 9999, Van Nuys, CA 91409

Coming soon

Check www.na.org for **NEW** Tri-plate Medallion colors

Castilian

Public Relations Handbook

El Manual de Relaciones Públicas

Large-Print Basic Text

Gift Edition

It Works: How and Why

featuring a green and gold iridescent cover and coordinating gift box sheath

Greek

An Introductory Guide to NA

*Μια εισαγωγή στους
 Ναρκομανείς Ανώνυμους*

NAWS PRODUCT UPDATE



In Times of Illness

Revised and expanded to better reflect members' experiences with challenges such as mental health issues, chronic illness and pain, and supporting members with illnesses. Includes section summaries in the table of contents.

Item No. 1603 Price US \$2.75

IP No. 24:

Money Matters: Self-Support in NA

Aims to raise awareness and understanding of each member's personal role in supporting NA services, and how this enriches our recovery.

Item No. 3124 Price US \$0.48



IP No. 28: *Funding NA Services*

Provides a graphic representation of an important aspect of our Seventh Tradition: how we fund the services that help us carry our message to the addict who still suffers.

Item No. 3128 Price US \$0.32

Arabic

Basic Text

زمانة المدمنين المجهولين

Item No. AR-1101 Price US \$7.50

Croatian

IP No. 8: *Još jedan pogled*

Item No. CR-3108 Price US \$0.21

IP No. 14: *Iskustvo jednog ovisnika s prihvaćanjem, vjerom i predanošću*

Item No. CR-3114 Price US \$0.21

Indonesian

IP No. 17: *Bagi Mereka Yang Dalam Pera Watan*

Item No. ID-3117 Price US \$0.26

Norwegian

An Introduction to NA Meetings En introduksjon til møter i Anonyme Narkomane

Item No. NR-2201 Price US \$0.21

Disruptive and Violent Behavior Forstyrrende og voldelig atferd

Item No. NR-2204 Price US \$0.21

New and Updated Service Tools

PR Basics

Essentials of the *PR Handbook*

Item No. 2102B Price US \$1.50

Pens

(package of 25)

Item No. ZRPEN Price US \$17.00



Totebags

(package of 25)

Item No. ZPRTOTEBAG Price US \$50.00

Basic H&I Guide

An overview of H&I guidelines

Item No. 2101G Price US \$0.50

Information about NA

Item No. ZPR001002
Price US \$0.25

Membership Survey

Item No. ZPR001001
Price US \$0.25

NA: A Resource in Your Community

Item No. 1604 Price US \$0.32



Български

Bahasa Melayu

Eesti

Nederlands

मराठी

தமிழ்

বাংলা

Türkçe

Latviešu

Slovenčina

中文

Українській

Moldoveneasca

English

नेपाली

Íslenska

Suomalainen
Bosanski

A Vision for NA Service

All of the efforts of Narcotics Anonymous are inspired by the primary purpose of our groups. Upon this common ground we stand committed.

Our vision is that one day:

- Every addict in the world has the chance to experience our message in his or her own language and culture and find the opportunity for a new way of life;
- Every member, inspired by the gift of recovery, experiences spiritual growth and fulfillment through service;
- NA service bodies worldwide work together in a spirit of unity and cooperation to support the groups in carrying our message of recovery;
- Narcotics Anonymous has universal recognition and respect as a viable program of recovery.

Honesty, trust, and goodwill are the foundation of our service efforts, all of which rely upon the guidance of a loving Higher Power.

עברית

Lietuviškai

Dansk

Slovak

Français

Portugueses

عربي

日本語

ಕನ್ನಡ

Afrikaans

Anglicized

हिन्दी

hrvatski

Svenska

Polski

فارسی

ਪੰਜਾਬੀ

Norsk

Русский

Magyar

Filipino

Deutsch

Brasileiro

Ελληνικά

Español

اردو

Italiano

Bahasa Indonesia

ภาษาไทย

Malti