

THE
NAWay
MAGAZINE[®]

THE INTERNATIONAL JOURNAL OF NARCOTICS ANONYMOUS

JULY 2016

VOLUME THIRTY-THREE ♦ NUMBER THREE



- [New Traditions book approved!](#)
- [WSC 2016](#)
- [China magic](#)
- [NA World Unity Day – 3 September 2016](#)



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

Another World Service Conference is behind us and the 2016-2018 Conference cycle is underway. The new Traditions book, "Guiding Principles: The Spirit of Our Traditions," was approved with an overwhelming majority. In this and upcoming issues, we'll remind you of the Fellowship's groundbreaking process to create the book and ways for individual members, NA groups, and service bodies to use it. There is no official publication date yet for "Guiding Principles," so stay tuned here and at na.org for updates. We cover lots of other WSC discussions, ideas, and decisions here, but we also encourage you to see NAWS News and the Conference webpage for more thorough coverage.

As we've announced in several issues, we cleared our database of duplicate subscriptions. See page 8 for more information.

And, finally, a reminder: The NA Way Magazine is your recovery journal. Sharing your experience, strength, and hope through writing or other artistic media can have the same impact as sharing in a meeting, sponsoring, or being of service. Visit naway.org for submission details. Email electronic documents (doc/docx, rtf, jpg, gif, pdf, etc.) to naway@na.org. Fax to 818.700.0700, attn: NA Way Magazine, or mail to NA Way Magazine, PO Box 9999, Van Nuys, CA 91409. So, come on, express yourself!

De J, Editor

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Electronic subscribers can click here for additional content.

Cover photo: Mid-America Regional Campout; Tim S, Kansas, US

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.



Advanced placement NA

I'm feeling pretty rich today. I have spent most of my day so far heading out to the prison and sitting down with a sponsee for a couple of hours, talking through the glass, phone stuck to my ear. I had sponsored him as a newcomer and through an early relapse, and he had just celebrated three years when his past caught up with him and he ended up getting extradited back to California to do some time. After a couple of years, he got transferred back to this area for some more court proceedings. Now, instead of just phone calls and letters, it's phone calls and visits. And he's still clean. In fact, next Saturday he celebrates six years clean. And I have no doubt that in this relationship, I'm the one who has been given the greater gift.

I've watched him progress since he was a newcomer, when I would regularly see his eyes glaze over as I started carrying on with what my friend Grant once called "advanced placement NA." I would catch myself and bring it back to what he was ready for: Don't use, go to meetings, get involved with the Fellowship, and just make a beginning; try to get a deeper grasp of the phrase "powerless over my addiction." Do the next right thing. Stay in touch with me and don't use. Even when your ass falls off, pick it up and take it to a meeting. I'll meet you there.

As they say in educational circles, his intelligence is more the kinesthetic type. That is, he's a doer, an athlete, the guy organizing the activity and setting up the chairs, rather than an auditory learner like me, who wants to hear the theory and ponder all the aspects of it, turning the prism and chewing on the implications (a style that nearly killed me in early recovery as I spent my first two years getting a year clean). I realized this about him early on, so I encouraged him toward activities and H&I. He didn't need much encouragement there. He resurrected a long-defunct NA softball league and became its organizer and coach. After he had a year, he came along with me to my weekly H&I commitment at a homeless men's facility, and then when my year was up, he took it over. Getting speakers and showing up every week without fail was right up his alley. He was coming alive.

We took stepwork slowly, concentrating instead on the doer stuff, the kinesthetic route, but as he began to mature in recovery, Step conversations and assignments started to hit home at a deeper level. Slowly he began to integrate elements of what Socrates called "the examined life" (and what NA calls working a program) into his life of meetings and softball and activities and H&I work. We got all the way through the Fifth Step, forging the kind of bond of trust and intimacy that this produces between men living this way of life and taking on this process for real. By then, of course, I knew his story, and I knew that this sort of interruption in his life might be coming.

Then I got the call one day that the jig was up for him. What he had been avoiding had caught up with him. He was sitting in the backseat of a police car, with his cell phone somehow still on him, essentially saying goodbye, sure his life was over. Lockup. All I could do was encourage him to stay present with what he had gained in recovery. Hang in there. Let's get in touch as soon as we can. But this is powerlessness. Surrender at its most wrenching.

*His eyes were
alive with fire and
experience as we
went deeper...*

Now it's three years later, with maybe five more to go. Today's conversation delved deeply into stepwork and spiritual awakening. We explored topics of mutual interest he could never have touched in those early days. His eyes were alive with fire and experience as we went deeper with this, showing the maturity of a man who knows not just how to act and do, but how to sit and be fully present. Let's not exaggerate it; we're all grappling with our humanity in the middle of it all, but Step Eleven was alive and well in him. The fruits of six years of recovery were evident in what had awakened inside him.

We get where we get because we're on the path we're on. Sometimes we get to choose it; sometimes it chooses us in spite of ourselves. In my case, I got to choose today whether to be in that cage for a couple of hours. He didn't get to choose that, but he does have the freedom to choose his path within his circumstances. He is where he is and who he is today because of the choices he's making. I couldn't be prouder of him as I watch him choose a deeper freedom every day, grateful for the gifts in his life.

I realized I was looking at the man I hope to be—no matter the adversity, facing the hard stuff and going deeper, choosing the next level of freedom. I realized that if I want more of that, I had better act with more gusto and sit with more consistency and presence. Though the phrase had been used to tease me about my sometimes-heady style in recovery, today I got to see what "advanced placement NA" really looks like.

Ron H, New Mexico, USA

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Basic caption contest

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

Artwork: Ben C, Maryland, USA



China magic

This is one of those magical moments. A few years ago, I met a woman in Beijing while on my way to Siberia. I asked around to find out if there were any meetings or recovering addicts in Beijing since I was passing through. The reports I got back were that there were no meetings, but a friend put out some feelers on his contact list and I got an email from a woman who said she was an addict and was living in Beijing. We made a plan to meet along with a translator.

Our meeting was great. I found out she had been clean eight years. I travel a lot in the Asia Pacific, and I hadn't heard of any Chinese citizens who had been clean that long, so I asked her how she got clean. She told me she had been in prison and saw a translated [NA White Booklet](#) on the warden's desk; she asked what it was and the warden gave it to her. She read it and said to the warden, "I think this can work for me." As we talked, I asked if I could videotape our conversation. She agreed, and I asked if I could share her message at the World

Convention in San Diego, California, where tens of thousands of recovering members would see it. She agreed, and the video was shown at WCNA 34. Many people were touched by her message of hope that one day NA would be available all over China.

Fast-forward to this past February. I walked into the opening of the [APF \(Asia Pacific Forum\)](#) held in Bangkok, Thailand—just as this same woman was giving a report from her country. I had not had any communication with her since all those years ago in Beijing. When we saw each other, we had one of those spontaneous outpourings of emotion.

What was even more magical was that she was there representing mainland China—the first time a native Chinese member had attended the APF. There was also another Chinese woman at the APF from Hong Kong. Neither knew the other one existed until meeting at this APF. They have become fast friends.

Sometimes I am asked why I am still so involved in NA service and what keeps that flame burning so strongly. Need I say more?

Tom M, Hawaii, USA



Growing through NA Steps and service

Hello, family! I am a grateful addict in recovery for nine and a half years. You know, I had no special reason to use; I just could not find myself in this world. At the beginning it was nice, but as years went by, I could not have enough. As a result of my addiction I lost everything: family, friendships, girlfriend, job, money. But I am sure you know how to use, so instead I want to write about my recovery. One night, early in my recovery, I had a strange dream that I had been clean for some time and I wrote an article for *The NA Way Magazine* ... so here we go.

My message is simple. I do not have to use. No matter what, I am clean for a day. Day by day, I stay clean as a result of our program. The Narcotics Anonymous program is perfect, so at last I do not have to try to be perfect, and that means I can be myself: the shy, clever, sometimes arrogant, but sometimes wordless guy. As the Serenity Prayer says, I can change the things I can, so I am working on these shortcomings.

I regularly go to meetings, share my story, and work on the Steps with my sponsor (currently Step Eleven). I have people who trust me, so I am their sponsor and I am in service!

It wasn't always like this. Sometimes I felt I knew everything and I did not have to come back. But as a matter of fact, this is when I needed to be humble. I needed to come back because I cannot stay clean alone. I heard many stories about relapse: people who used again but could not stop. I am free to keep coming back to NA. When I feel alone, I go toward the unconditional love of NA. When I want to be alone, you come to me and hug me.

At the beginning of my recovery I was in a rehab center. I learned there that I should go to meetings. After treatment I started to visit NA meetings, and I found NA to be the perfect place for me. After some time I felt love for a woman and

we started to live together, but when I started to work Step One, she was diagnosed with cancer. She had a couple of surgeries and many treatments, so I decided to visit more and more meetings. This was my Second Step.

I had such severe pain in the mornings that I was not so sure about staying clean each day. I used NA meetings, my sponsor, and recovering addicts to not be alone. One day I felt I was going mad and had to kill myself. I prayed hard, but nothing happened. It was not good. I didn't know what to do, but after some time I experienced freedom to be clean and in recovery. So my pain passed. Step Three was like this. I guess it is not the general Step Three. I had no real faith in God. It is very difficult for me to say *God* because I am an atheist. I know there are things that are much bigger and stronger than me. This is enough. I do not pray every day. As I live, that is a prayer. As I do my things, that is a prayer to a power greater than me. I am so sure that this power knows me well and accepts me like this.

This is a to-do program.

Meanwhile, my girlfriend got better and I moved on to work my Fourth and Fifth Steps. I felt that I had opened the doors of freedom, where I might dream again! Dreams? I had had nightmares in the past, but I'd never had dreams. In recovery these things changed, so I am still working on the Steps.

Do you know the most important element in your recovery? For me, it is service! I always had service. Sometimes I did wrong things in service, but the most important thing was to follow the Traditions. This means that I am not just working on Steps but I am also reading about and working on the Traditions. This is very important for me.

When I did my Ninth Step, I wrote a letter to the WSO. I wondered how I might make amends to Narcotics Anonymous because of wrong things I had done against NA. I spoke with my neighbor during the readings, whispering and gossiping. Sometimes I put no money

in the basket. So, what to do? What sort of amends might I do? The helpful answer was to work the Steps, share these things, try to change my behavior—and be of service. Today, I think it is funny that I thought I had harmed something as big as NA.

Anyway, I do service, regardless of its "importance." This is a to-do program. The principles I learned through the Traditions and Steps guide me through my days. I feel I am a much better person and I feel better, too. A new way of thinking is giving me the chance to grow.

In my city many members who have passed their fifth year clean are leaving NA. It is difficult to always be on the top and share a very positive story, especially if you're having troubles. We need to give them something. Maybe we need to have a meeting to share and talk about those problems and solutions that are there when you are in the program for a longer time. Now we have a new meeting for members who are in recovery for multiple years. Of course we must match our meeting to the Traditions, so all addicts are welcomed. This meeting works well! It is always held on Sunday morning and we do a Step-working meeting where addicts share about their Steps. Unity is the name of the group.

When I came to the program, we had about three or four meetings weekly and six to ten addicts in the meetings. Now we have ten meetings per week and 25 to 40 addicts are there. NA grows everywhere ... just the soil is needed.

Zoltán I, Pécs, Hungary

I love our readings

I just love the readings that begin our meetings, and the best one for me is: "We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help."

Treatment centers tried to give me an overall view of addiction as well as alcoholism. While they did not separate these problems, it did seem they were different to me. Back then, being a "drunk" was like being at the bottom of the ladder, but being a junkie was cool. With this view of alcoholics, and since I had a drug problem, I leaned more toward NA.

To add to this view of mine, the first meeting I attended when I was released from the treatment center was a meeting in the other fellowship. The speaker had a million years, it seemed; he started out with a statement about the "andas" and said that this fellowship of his was for the alcoholic, not the "andas." He was very passionate about this, and it seemed very important to him.

Being new, I had no idea what he was talking about, so after the meeting on the way back to the halfway house I asked the guys in the car who had a lot of time in the program—at least three months. They explained that an "anda" is someone who identifies as an alcoholic and an addict. This really kicked my butt, and I had no idea what to do with this information, how I felt, or where I fit in.

The next night I went to an NA meeting, and I heard "We're not interested in what or how much..." I said to myself that this was where I belonged, and I felt accepted and wanted. It was a peaceful feeling, like someone just put their arms around me and said, "You're safe." Hard to beat that feeling. It has kept me here for a long time, has saved my life, and has changed the way I live and how I do things. I had a place where they just wanted to help, and help anyone, beyond belief.

However, somewhere along the way in the last 24 years, it seems that something

has changed in my safe place where no one cared about those specifics—and now some do care about what we used, or how we describe ourselves, or what verbiage we use. While I have heard this clarity-of-message statement read at other meetings, last night it had a stronger effect on me. My first thought was to attack, to make everyone understand my point of view. Yes, I thought I could make them understand if I was loud enough, mean enough, or nasty enough. Instead, this time I just took a deep breath; I guess my warrior days are over.

But I wondered why someone can tell me how to speak, or what verbiage to use. This does not seem to promote unity; to me it seems to set up reasons for conflict. If our program is based on the concept that no addict need use any drug, what happens to newcomers who hear the words *alcoholic* and *sober* and are being taught that they have a problem with alcohol and other drugs?

In the Introduction to our Basic Text, we read, "In NA, we follow a program adapted from Alcoholics Anonymous. More than one million people have recovered in AA, most of them just as hopelessly addicted to alcohol as we were to drugs. We are grateful to the A.A. Fellowship for showing us the way to a new life." To me it seems that we have a chance to learn and make our program better, and that the part about not caring what you used means we can be there for all.

Al A, Florida, USA

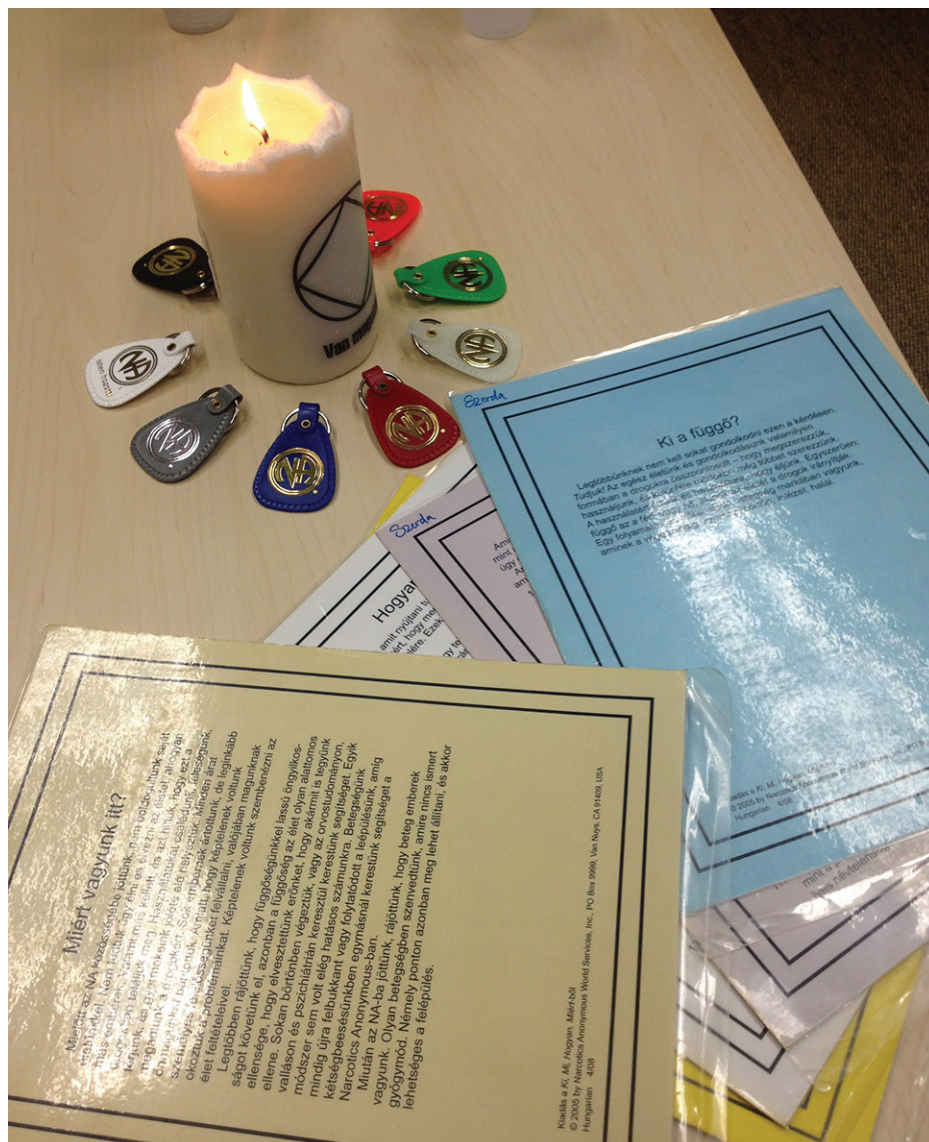


Photo: Zoltan I, Pécs, Hungary



Get More, Give More Subscription changes reminder!

In recent issues we announced our efforts to decrease costs by encouraging electronic subscriptions. Many of you have chosen e-subscriptions, and we thank you for that! We still had many “duplicate” subscriptions—those with both a paper and electronic subscription. Many of these duplicates were data entry errors or might have occurred through a switch to an e-sub without also discontinuing the paper copy.

In an effort to clean up our subscription database and decrease these duplications, we discontinued the paper version of duplicate subscriptions. We are not discontinuing paper subscriptions altogether, and if you still need the paper version, you can resubscribe after the cleanup. We emailed everyone with duplicate subscriptions before we made this change so that you were aware of when the cleanup was done. With your electronic *NA Way*, you enjoy additional content—and your e-sub contributes to our ongoing cost-saving efforts.

Adjust your subscription at www.na.org/subscribe

(or email naway@na.org with “get more, give more” in the subject line)

Thank you for supporting *The NA Way Magazine*

Honesty + Trust + Goodwill = Unity

The day before the World Service Conference officially opened, NA World Services, the West End Area, and the California Youth Committee hosted a unity day with workshops, a speaker meeting, dance, and international NA market. One of this year’s workshops (*Honesty + Trust + Goodwill = Unity*) welcomed Conference participants and local and visiting NA members to share specific examples of their service experience related to these spiritual principles. In small-group discussions, members from all over the world—from regional delegates to GSRs and newcomers—shared about questions similar to these:

1. How do I practice honesty, trust, goodwill, and unity in service?
2. How do I bring that experience/knowledge into collaboration at other levels of service?
3. What are some specific things we can do to create and maintain a spirit of honesty, trust, goodwill, and unity in our service bodies?

Perhaps these questions will spark ideas and discussions for you, your service bodies, and your home groups. Share your personal reflections or results and notes from a group discussion on these questions at naway@na.org.

**[Click here for a questions/notes sheet to use to capture
your thoughts and discussions](#)**

"Guiding Principles: The Spirit of Our Traditions"

On Tuesday, 26 April, the World Service Conference of NA approved the newest piece of NA literature, "Guiding Principles: The Spirit of Our Traditions." This new resource is groundbreaking in a number of ways, not least of which is how it weaves together the principles of our recovery program with how we serve in our groups and service bodies. Tradition One tells us that "personal recovery depends on NA unity," and this theme persists throughout the workbook in exercises for individuals, for groups, and for service bodies throughout our Fellowship. The content of "Guiding Principles" is not all that's groundbreaking about it—and we will discuss that aspect of the book in greater detail in the October issue of *The NA Way Magazine*. In this issue, we'll cover the way in which the book was initiated, developed, and finalized.

The process that brought this new piece of literature into being, like the content, was groundbreaking in a number of ways. For starters, the Traditions Project was formulated based on a regional motion at the 2010 WSC directing the World Board to create a timeline and project plan for a Traditions workbook. The World Board had also conducted a Fellowship literature survey, which showed the Traditions workbook as the most highly desired idea for book-length literature. Because there seemed to be such a wide variety of ideas and expectations about what this piece of literature would consist of, we spent the 2012–2014 Conference cycle gathering input before forming a workgroup to begin the process of shaping that input into NA literature.

Once the World Board had an opportunity to evaluate the input gathered in the 2012–2014 cycle, a rough outline was published in the 2014 Conference Approval Track material. The 2014 WSC voted to reaffirm the Traditions Project for the 2014–2016 cycle, including the

formation of a workgroup to begin work on the draft. The project plan contained ideas about looking for ways to make better use of technology to help shape the book.

The draft chapters for this book were released in stages over the 2014–2016 Conference cycle so that we could gather the Fellowship's ideas about the structure of the chapters as well as the content. With each review-and-input period, we refined the structure based on the input we received from members all around the world. We also conducted targeted web meetings to ask specific questions, including web meetings with

members with 30- and 40-plus years clean, with members in isolated geographical locations, and with members in places where NA is newly developing, to name a few.

The input we received for the project was

impressive, with hundreds of pages of front-end input received for each Tradition during the first Conference cycle, and a range of 50 to 200 pages of input on the drafts of each chapter once they had been out for Fellowship review. The workgroup gave a great deal of time and attention to the ideas sent in from the Fellowship, and we are certain that the book was greatly improved as a result of the thoughtful and creative input of NA members from around the world.

The motion to approve the work of the Traditions Project—"Guiding Principles: The Spirit of Our Traditions"—was carried by an overwhelming majority. We expect our new book to be available in October 2016.

Our hope is that this new piece of literature will aid all members of our Fellowship—new and old—in understanding and applying the Traditions in our personal lives, in our groups, and at all levels of NA service. We look forward to hearing your experiences!

Working together brings us to common understanding; the conscience of a group develops as the group solves problems and handles routine business. We think a lot about our Traditions; we argue about them a lot, too. This workbook is not another service manual or an abstract collection of ideas, but a set of tools to help us think about and apply the Traditions without tearing ourselves apart in the process.

"Guiding Principles: The Spirit of Our Traditions," Introduction

World Service Conference 2016

Projects for 2016–2018

Virtual (and possibly face-to-face) workgroups will be formed for some of these projects while others may not require a workgroup or may be completed with input and feedback from focus groups and other Fellowship interactions. Project descriptions are included in the 2016 Conference Approval Track material at www.na.org/conference. We also plan to assign new members to the [Reaching Out](#) newsletter and [NA Way Magazine](#) Workgroups. If you or someone you know is interested in participating in any of these projects, please let us know by emailing worldboard@na.org.

- ❖ Service Tools for Groups, Areas, and Events
- ❖ Future of the WSC
- ❖ Fellowship Development and Public Relations Project Plan
- ❖ Collaboration in Service
- ❖ Social Media as a PR Tool
- ❖ Recovery Literature Project Plans (develop for WSC 2018 consideration)

Issue Discussion Topics

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

Literature Development

A survey in the 2016 [Conference Agenda Report](#) covered four areas: book-length recovery literature, shorter recovery literature (booklets and pamphlets), service material, and Issue Discussion Topics. Regions collected consciences and individual members participated online. Survey results were distributed to Conference participants and are included in the [Summary of Decisions](#) posted at www.na.org/conference.

Membership Survey

The membership survey was distributed at the World Convention and was available online. It was completed by 22,803 members—the largest number of participants to date—with the majority of surveys completed online. Some highlights from the worldwide survey include:

- ❖ Average age of members is 48.
- ❖ Average cleantime is 8.32 years.
- ❖ Forty-six percent heard of NA from a treatment professional.

We also collaborated with the European Delegates Meeting to create a European Membership Survey, which the EDM used in their first European Parliament presentation in June 2016. For more detailed survey information, please see www.na.org and watch for the updated Membership Survey pamphlet to be released soon.

Election Results WSC Cofacilitator

Mark B Florida Region

World Board

Maryellen P	Southern California Region
Tali M	Hawaii Region
Khalil J	Georgia Region
Jose Luis A	Región del Coqui
Jack H	Washington/No Idaho Region
Tim S	Australian Region

Human Resource Panel

Veronica B	Sweden Region
Jim B	Chicagoland Region



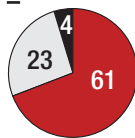
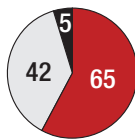
Photo: Carla W, Wyoming, USA

2016 WSC by the numbers

115
seated regions

112
regional delegates present

Where were delegates and alternates from?



■ United States
■ Canada
□ Outside US & Canada

88
alternate delegates present

68 **148** **1**

approximately
50%
attendees caught the
“conference plague”



conference participants from
40
countries

Serenity Prayer
recited in
26
languages



56*
hours in session
6.5
days



**Not including meals and breaks.*

1/2 the week spent on...

20
old business motions with
16 amendments
60
new business motions & proposals



foods consumed



730
pounds of fruit



864
donuts



432
bagels

smeared with
31
pounds of cream cheese



Some figures are estimated.

A plethora of important WSC data is available in the Draft Summary of Decisions (na.org/conference) and in NAWS News (www.na.org/nawsnews), but sometimes it's fun to add some not-so-important facts and figures into the mix, like

- the (first that we can remember) baby who joined her delegate parents on the Conference floor, or
- the unscientifically estimated percentage of WSC attendees (50%) stricken by a foul virus that indiscriminately attacked Conference participants, NAWS staff, and interested members attending the WSC, or
- the amount of food consumed by participants in the onsite office, which is also where
- almost 11,500 products and literature items were sold and some 2,340 orders were placed during the Conference week.

So, add these interesting tidbits to your WSC 2016 knowledge; you never know when such details will arise in a trivia contest or a serious NA history discussion!

For complete WSC details, see NAWS News (www.na.org/nawsnews) and the Draft Summary of Decisions (www.na.org/conference).

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.



Recovery at the heart of nature

The Annual Au Coeur de la Nature (At the Heart of Nature) 5 Campout takes place about two hours east of [Quebec](#) City. Our event has been steadily growing, with about 50–60 people expected this year at the end of July. It's a very friendly gathering next to a beautiful lake. We are waiting to see you ... and we wish you a good 24 hours.

Don B, Quebec, Canada





As the 2016 **Mid-America Regional** Campout approached (1–4 July), memories of the 2015 event drifted to the surface. Those who attended last year's (free) Mid-America Regional Campout, held 3–5 July at Clinton Lake, were greeted by sunny skies and reasonable temperatures—a welcome respite from the usual sweltering midsummer conditions in northeast Kansas. Thank goodness 2014's 17-year cicada swarm was only a memory; there was no need to pluck empty shells and “newly birthed” insects from our tents, and our conversation didn't have to compete with the male cicadas' loud, incessant love songs.

Friday evening's attendance was at a record high, which created concern for organizers. Would there be enough food for Saturday evening's meal? Lake passes were popular throughout Saturday for those seeking activities in, on, and near the lake. Words of wisdom were shared in the Grizzled Recovery Meeting held early Saturday evening (grizzled = members with 30+ years clean). And, in the end, food and catering went great, with 170 efficiently served and plenty left over for seconds and thirds. The MP3 dance was popular Saturday evening, and the Nar-Anon presence was also appreciated.

In addition to our regional family, there were attendees from California, Illinois, and Kentucky, who

commented on how welcomed they felt. All in all, the 2015 MARC was a great success, and several members shared their personal reflections with me. I've included them here, along with their cleantime (as of July 2015) and their home state.

Flo, 13 years, Kansas, was grateful she didn't end up in jail today. At 4:00 am, the sheriff's office informed her that a vehicle matching her car's description was involved in a hit-and-run. Photos were taken and she continued on to her NA family at the campsite to be with friends who love her (and make fun of her).

Joe, 28 months, Kansas, said he used to be rebellious, ultimately resulting in incarceration. He met his sponsor behind the walls and now Joe does H&I service, too.

Brennan, 5 years, Illinois, shared that he is grateful he can travel anywhere with friends in recovery and hang out with others in the NA tribe. He said everyone at our event was AWESOME.

Tracy, 2 years & 11 months, Kansas, was attending her fifth MARC. She's grateful to be present and enjoy life—both the good and the bad.

Dave, 28 years, Kansas, said he has attended more than ten regional campouts and really enjoys meeting new people. He also said he's grateful for his beautiful wife, NA family, sponsorship, and his Higher Power.

Rosalie, 4 years & 10 months, Kansas, was attending her second regional campout. She said she is grateful for true friendships in recovery and she enjoyed the campout speakers.

Kim and Rob, 7 years / 7.5 years, California, found their way to NA together. They visited the campout because their daughter attended orientation at a local state university. They really enjoy traveling and spending time with recovering addicts from around the country.

Rich, 2.5 years, Kansas, made it to the championship round in the horseshoes tournament! He said he was grateful for faith in his Higher Power and that NA campouts help build his recovery support group.

Peg, 31 years, Kansas, attended our campouts for 20+ years, but discontinued the camping part when a ban on pets at the event was implemented. She said she was grateful for NA and friends she's made over the years. She used to be grateful for campfire meetings until she had an allergic reaction to the smoke of a campfire that included poison ivy!

Becky, 14 years, Kentucky, said she's grateful for the spiritual connection she has with a Higher Power and that she felt a connection with everyone she met at the regional campout.

Tony, 8.5 years, Kansas, reported he's grateful to take his daughter to the campout where he doesn't have to worry about her while she's playing with kids from other recovery families. He's grateful for the safety of NA events.

John, 30 years, Kansas, said that campouts are a good time to associate with people from other states. He pointed out that if we want others to participate in our events, it's important that we go to their events, too.

Shelly, 168 days, Kansas, shared that she was grateful to be alive. Keeping it simple and focusing on commonalities with others has helped alleviate pre-recovery fear and loss. Shelly aspires to instill hope in the lives of still-suffering addicts through service.

KC, 10 years, Kansas, thinks the best part of the Mid-America Regional Campout is that it's FREE. That's why he does service work for this event.

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Fellowship development

Growth in the Canary Islands

In the Canary Islands' Narcotics Anonymous community, our "growing pains" have brought us a profound lesson which we consider to be of great value to our fellow communities of the [European Delegates Meeting](#). This is the hard-earned experience of a small community in Spain, made up of seven NA groups spread out on four different islands.

NA recovery in this area started more than a decade ago, thanks to addicts bringing the program over from Sweden. Slowly the program began growing on the island of Gran Canaria; groups started springing up, and spreading to neighboring islands, too. An area committee spawned, reached out to the Spanish Region, and a really proper service structure arose within an NA community that counted about 120 addicts recovering in eight different groups. This area structure became a model for growth within the Spanish Region, especially keeping in mind the challenges faced in a community made up of seven different islands with two hours' flying time to the nearest NA community.

Eventually, the area service structure grew increasingly complex, becoming more and more attractive for the available trusted servants. Before we even noticed, service commitments in the ASC, which included very successful H&I work and challenging fellowship development endeavors on other islands, ended up keeping experienced trusted servants so busy that the service structure of the groups started to suffer. We began forgetting to "keep it simple!" Eventually, the atmosphere of recovery declined, small conflicts were

bypassed in the hurry to carry the message, and personalities ended up going before principles. Traditions were invoked to support the carrying of a message that was blurred at times by the urge to carry it.

Eventually, the area service committee broke up, since it became unsustainable for the decreasing number of addicts in the community. We reached our collective rock bottom and could

no longer deny reality: The area structure we formed to support the groups had grown so big that it ended up overshadowing the recovery in our groups. Our service structure had become like a huge tree that didn't let us see the light of love shine through.

Right now we are working hard and have managed to bring back a loving atmosphere of recovery to all the groups in the community. Inventories have been taken, help has been used, and resentments have been left behind. Slowly, the number of addicts in recovery is growing again, and we are working hard to keep it simple. We have learned that the love that flows from one addict to another in our meetings is worth more than

an advertising campaign on national television. This is for the simple reason, as our Traditions remind us, that public relations is only useful if we have an atmosphere of recovery to offer the addict we are bringing in. We have learned that the right size for our service structure is the one that keeps that structure at our service. Our advice to other fledgling communities is to keep it simple, put the atmosphere of recovery before anything else, and let love lead the way!



*Sebastian, Canary Islands,
Reprinted from [EDM News](#)*

RRCNA 25th Anniversary

It was a weekend of nostalgia, growth, and lots of hugs as Rock River Area Group Services celebrated its 25th annual convention. RRAGS is the area service committee for NA groups in eleven cities and towns in northern Illinois (many that hug the Wisconsin border), and is a part of the Wisconsin Region. Just under 100 weekly meetings are held in the RRAGS area, which drew its name from the Rock River that winds its way through south central Wisconsin and northern Illinois.

A highlight was the Friday night "bags" tournament, a beanbag-tossing game. Fifteen teams competed in a single-elimination, bracket-style tournament that lasted almost two hours. Prizes awarded to the first-, second-, and third-place teams included tickets to the Saturday night convention banquet and Sunday morning brunch, and vouchers for a free speaker CD of any RRCNA main speaker or workshop.

The game boards were constructed and donated to RRCNA by a handful of addicts from the area who each contributed about 15–20 hours of work to complete them. There were nine sets of one-of-a-kind boards, all featuring the RRCNA logo and theme, NA literature, the NA service symbol, and the NA logo. On Saturday night at the convention, the boards were auctioned off, raising approximately \$1,000 to help cover RRCNA expenses.

William C, Illinois, USA,



In November 1982 NA groups in Rockford and Freeport, Illinois; Beloit, Janesville, Fort Atkinson, and Milton, Wisconsin, formed an area service committee called Southern Wisconsin and Northern Illinois. In March 1983 the name was changed to Rock River Area General Services, and then to Rock River Area Group Services in February 1986.



Photos: Brett L, Illinois, USA and Jana B, Wisconsin, USA

NA now speaks 80 languages in nearly 67,000 weekly meetings in 139 countries. We publish in 49 languages and we continue to provide free and subsidized literature around the world. We produce the Basic Text in 29 languages, with Thai being our most recent edition. The Danish Sixth Edition Basic Text was published this summer and the Swahili Fifth Edition Basic Text is currently published as a draft. In collaboration with local translation committees, the Danish, Russian, and Swedish Basic Texts were produced in audio version this past Conference cycle, and Arabic will be available soon. IP #1 is translated into 49 languages, with newly added versions in Amharic, Estonian, Kannada, and Ukrainian.

WORLD UNITY DAY

3 September 2016 — 10 am PDT*

Honesty, trust, and goodwill are the foundation of our service efforts...

A Vision for NA Service

Inspired by honesty, trust, and goodwill, we will join together to reflect on our worldwide Fellowship and the addict who still suffers. You may have an event, join together with friends, or just take a moment to yourself as NA members around the world to share the Serenity Prayer on this day of unity. No telephone link, no big event—just a moment and a prayer.



* If the time isn't practical for you, at some point on Saturday, 3 September (hopefully in a meeting), feel the love of NA unity with a moment of silence, a prayer, and a sharing of NA energy—inspired by honesty, trust, and goodwill.

A SAMPLING OF WORLDWIDE TIMES FOR UNITY DAY



For more information visit www.na.org or call 818.773.9999



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.)

Canada

British Columbia 6-8 Oct 2017; Pacific Northwest Convention 40; Hyatt Regency Vancouver, pnwcn40.com

Quebec 19-21 Aug; Au Bord du Rétablissement 2; Camping de la Seigneurie, Pabos; www.naquebec.org

2) 7-9 Oct; Quebec Regional Convention 29; Best Western Plus Hotel Universel, Drummondville; www.crqna.org; www.crqna.org/en

Denmark

Skandeborg 5-7 Aug; Convention & Campout 9; Audocicon, Skanderborg; namidtjylland.dk/konvent

Egypt

South Sinai 21-24 Sep; Let's Go!/بينا/توليب طابا; Tolip Taba Resort & Spa/فندق توليب طابا; naegypt.org

Germany

Berlin 9-11 Sep; Berlin Convention; Statthaus Bocklerpark, Berlin; na-berlin.de

Greece

Corfu 28-30 Oct; From Darkness to Light; Ionian Park Hotel, Corfu; event info: es12gccna@gmail.com

Honduras

San Pedro Sula 16-18 Sep; Honduras Regional Convention 4; Hotel Clarion, San Pedro Sula; nahonduras.org

India

Himachal Pradesh 8-10 Sep; Chandigarh Area Convention 5; Hotel Out Town/Trishul/Apple Resort/Khusboo, Manali; speaker tape deadline: 1 Sep; facebook.com/nacca5

Japan

Hokkaido 2-4 Sep; Japan Regional Convention 12 Spirit of Unity; Hokkaido Seisyonen Kaikan Compass, Sapporo; najapan.org/jrcna

Lithuania

Palanga 26-28 Aug; Baltic Convention 14; Hotel Zilvinas, Palanga; naconvention.lt

Mexico

Baja California 14-16 Oct; Baja Costa Area Convention; Gamma by Fiesta Inn, Tijuana; facebook.com/convbajacosta

New Zealand

Christchurch 21-23 Oct; Aotearoa New Zealand Regional Convention; Polytechnic Institute of Technology, Christchurch Central; nzna.org

Puerto Rico

San Juan 5-7 Aug; Puerto Rico Regional Convention 27; Condado Plaza Hilton, San Juan; prna.org

Sweden

Stockholm 25-27 Aug 2017; Sweden Regional Convention 30; Fryshuset, Stockholm; nasverige.org

Turkey

Fethiye-Mugla 21-23 Oct; Turkey Regional Convention 14; Jiva Beach Resort Hotel, Fethiye-Mugla; na-turkiye.org

United States

Alaska 28-30 Oct; Alaska Regional Convention 32; Wedgewood Resort, Fairbanks; akna.org/convention.htm

Arizona 30 Sep-2 Oct; Productive Members of Society Women's Oriented Retreat; Whispering Pines Camp, Prescott

California 12-14 Aug; Napa/Solano Spiritual Co-ed Campout 12; Orchard Springs Resort, Chicago Park (Grass Valley); <https://drive.google.com/file/d/0B7171fhCi2LsbEEweHZ6Qlo3MTg/view?pref=2&pli=1>

2) 2-4 Sep; Biggest Little Area in the World 11th Step Retreat 4; Belden Town Lodge, Belden; eleventhstepretreatblaw916@yahoo.com

3) 7-9 Oct; Sisters in Serenity Women's Retreat 20; Mendocino Woodlands, Mendocino; naosol2@yahoo.com

4) 21-23 Oct; Western Service Learning Days 30; Town and Country Resort & Spa, San Diego; sandiegona.org

Colorado 28-30 Oct; Colorado Regional Convention 30; DoubleTree, Colorado Springs; nacolorado.org/crcna

Florida 5-7 Aug; North Dade Area Convention; Deauville Beach Resort, Miami Beach; northdadearea.org

2) 26-28 Aug; First Coast Area Convention 15; Lexington Riverwalk, Jacksonville; firstcoastna.org

3) 2-5 Sep; South Florida Regional Convention 22; Deauville Beach Resort, Miami Beach; sfcna.com

Georgia 4-7 Aug; Midtown Atlanta Area Convention 25; Renaissance Concourse Airport, Atlanta; midtownatlantana.com

2) 28-30 Oct; Savannah Low Country Area Convention; Ramada Inn, Pooler; nasavannahga.org

Hawaii 27-30 Oct; Hawaii Regional Convention 24; Sheraton Kona Resort & Spa Keauhou Bay, Kailua Kona; na-hawaii.org

Illinois 25-28 Aug; South City Area Convention 9; Hyatt Regency McCormick Place, Chicago; southcityareana.com

2) 30 Sep-2 Oct; Lake Borderline Area Convention; Hyatt Regency, Deerfield; chicagona.org

3) 28-30 Oct; Joliet Area Convention; Clarion Banquet & Convention Center, Joliet; chicagona.org

4) 11-13 Nov; Greater Illinois Regional Convention 20; Wyndham City Centre, Springfield; centralillinoisna.org

Kentucky 23-25 Sep; Bluegrass Appalachian Regional Convention 7; Jenny Wiley State Resort Park, Prestonsburg; barcna.com

Maryland 16-18 Sep; Tri-County Area Unity Retreat River of Hope 10; Lions Camp Merrick, Nanjemoy; cprna.org

Massachusetts 12-14 Aug; Western Mass Area Convention 16; Marriott, Springfield; wmacna.org

2) 8-9 Oct; Unity Day Basketball Tournament 5; YMCA Central Community Branch, Worcester; nerna.org

Michigan 12-14 Aug; R&R at the Fort; Camp Fort Hill, Sturgis; michigan-na.org/sw_michigan

2) 13 Aug; First Blue Water Area Convention; Blue Water Convention Center, Port Huron; michigan-na.org/blue_water

Mississippi 7-9 Oct; Mississippi Regional Convention 33; Holiday Inn Express, Vicksburg; mrscna.net

Missouri 9-11 Sep; Spirit Quest Campout 4; Water's Edge on Table Rock Lake, Kimberling City; dhoma1953.org

Nevada 7-9 Oct; Region 51 Regional Convention; The Orleans Hotel, Las Vegas; region51convention.org

2) 4-6 Nov; Sierra Sage Regional Convention 21; Grand Sierra Resort, Reno; sierrasagena.org

New Jersey 12-14 Aug; New Jersey Regional Convention 31; Westin at Forrestal Village, Princeton; njrcna.com

2) 26-27 Aug; Miracles at the Shore Speaker Jam; West Park Recreation Center, Oakhurst; cjasc.org

3) 28-30 Oct; Northeast New Jersey Area Convention 20; Renaissance Woodbridge Hotel, Iselin; nanj.org/njconventions.shtml

New York 5-7 Aug; It's Another Recovery Campout; Sprague Brook Park, Glenwood; hopeshot123@gmail.com

2) 26-28 Aug; ABCD Regional Convention 8; Albany Hilton, Albany; abcdna.org

3) 2-5 Sep; Recovery in the Woods 28; Pioneer Camp & Retreat Center, Angola; nawny.org

4) 7-9 Oct; First Queens Area Convention; LaGuardia Plaza Hotel, East Elmhurst; qacna.org/home

5) 28-30 Oct; Western New York Regional Convention 21; Byblos Niagara Resort & Spa, Grand Island; nawny.org

Ohio 7-9 Oct; 12 Step Spiritual Retreat 29; Tar Hollow State Park, Laurelville; naohio.org

Pennsylvania 9-11 Sep; Ain't No Mountain High Enough 12; Gennitti Hotel, Williamsport; williamsportna.org

2) 10-13 Nov; Start to Live Tri-State Regional Convention 34; Bayfront Convention Center, Erie; starttolive.org

South Carolina 5-7 Aug; Welcome Home Convention 21; Holiday Inn & Suites, Columbia; midcarolinana.org

2) 11-13 Nov; The Journey Continues 5; Hyatt Place & Hyatt House, Charleston; portcitynaconvention.com

South Dakota 6-14 Aug; Sheridan Lake Campout 22; Squirrel Campground, Hill City; sdna.com

2) 9-11 Sep; South Dakota Regional Convention; Best Western Plus Ramkota, Sioux Falls; sdna.com

Texas 30 Sep-2 Oct; Frolic in the Woods 25; Garner State Park, Concan; eanaonline.org

Vermont 18-21 Aug; Back to Basics Campout 32; Wallingford Boys Camp, Wallingford; gmana.org

Virginia 5-7 Aug; Almost Heaven Area Convention; 4H Educational Center, Front Royal; http://Na2day.Tripod.com

2) 2-5 Sep; Marion Survivor's Group Campout; Hungry Mother Lutheran Retreat Center, Marion; 276.646.8462

Washington 6-9 Oct; Men's Night Out Men's Gathering 23; Brooks Memorial Environmental Learning Center, Goldendale; http://3citiesna.org/

2) 21-23 Oct; Pacific Northwest Convention 39; Bellevue Hilton, Bellevue; wnina.org/events

Wisconsin 14-16 Oct; Wisconsin State Convention 33; Holiday Inn, Manitowoc; wsnac.info

NAWS Product Update

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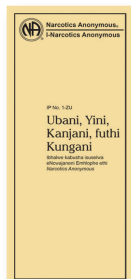
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