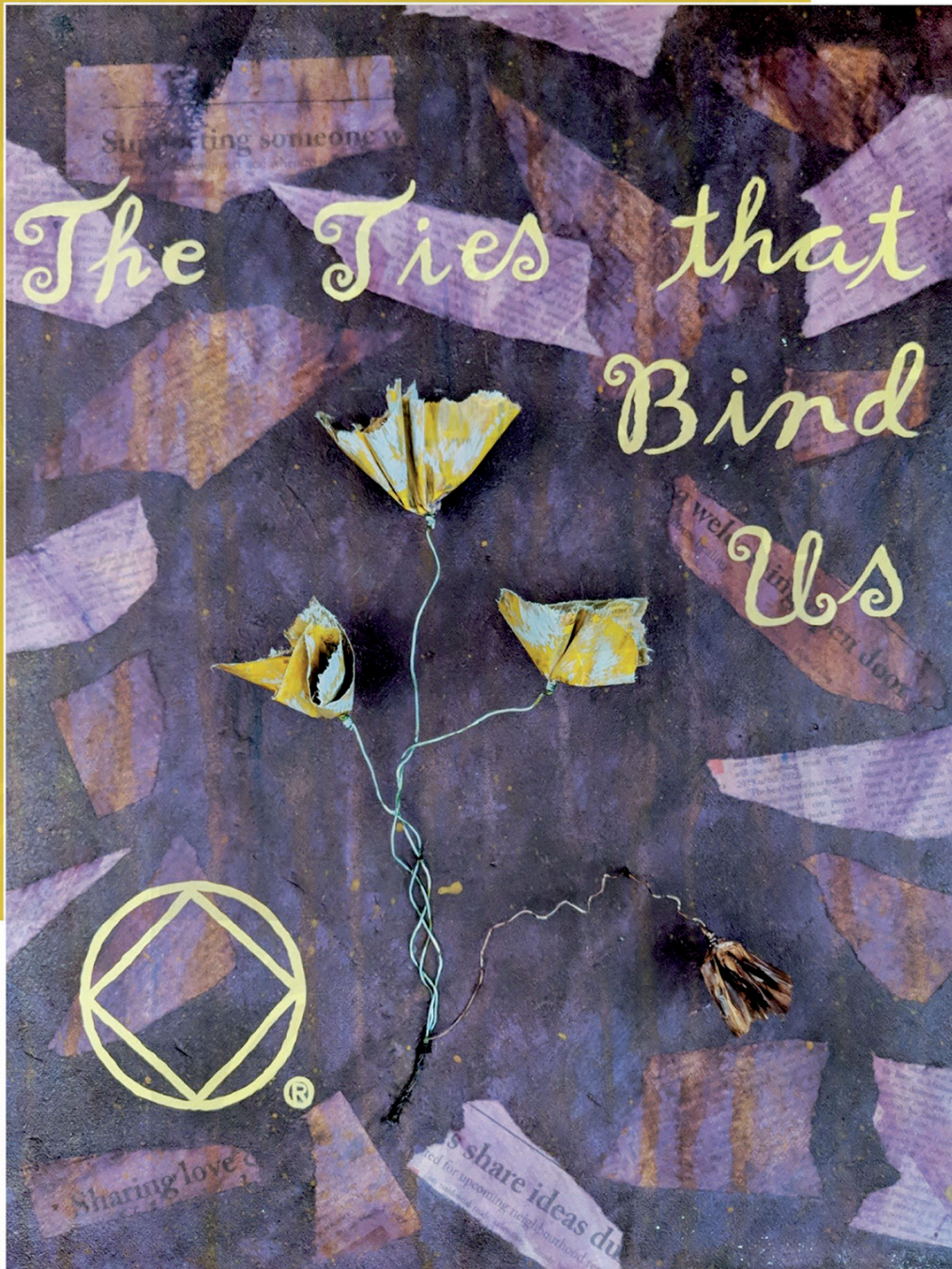




JULY 2019

VOLUME THIRTY-SIX ♦ NUMBER THREE



- [First NA Service Day](#)
- [2019 Unity Day](#)
- [First West Africa Women's Meeting](#)



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

...Every member, inspired by the gift of recovery, experiences spiritual growth and fulfilment 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...

### [A Vision for NA Service](#)

What does *service* mean to you as an NA member? For some, it's all about being elected to an area or regional position. Other members are taught that service also means being available to help friends and family—like pitching in when someone moves or helping organize family events. You might have a sponsor who expects you to take on a group service commitment. Whether supporting a newcomer, helping to put on a Unity Day event, or reviewing regional guidelines, we know that when we work together, we achieve better results. On 1 May 2019, we celebrated NA Service Day—the first of what will become an annual celebration of NA service—and this issue includes highlights from several NA communities. If you observed NA Service Day, please email information and photos to [naway@na.org](mailto:naway@na.org) (and we'd love to see your PR Week activities for the October issue, too).

Many thanks to all of you who completed the NA Way Reader Survey. We collected your input by mail, online, and in person (at WCNA 37 last year), and we are grateful for your thoughts and ideas, which will be reviewed by the NA Way Workgroup. Our goal is always to hear what you have to say and to provide you with a great collection of NA recovery and service experience and information.

[De J. Editor](#)

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Cover photo: Christine L, [EAENA Monthly, December 2018, Issue 63; Edmonton Area Service Committee, Alberta, Canada](#)

Electronic subscribers can click [here](#) for additional content.

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



# Grupo da Paz

It was not like a typical Wednesday. The meeting we were going to hold was a service meeting, and we would be electing trusted servants for the group. We were four members; among us was my sponsor, who gave me great encouragement to serve the Paz Group (*paz* means "peace" in Portuguese). This was an institutional group located in São Paulo in what was then the largest prison in Latin America, with more than 8,000 inmates. Our usual schedule was to arrive at 8:30 am on the sidewalk outside the prison, enter at 9:00, and leave the prison at 11:30. I had already been attending the group's meetings for over a year, but I didn't want to take a service commitment because it would take a full morning once a week, and I had to work and take care of other things in my life.

As usual, at the time set to enter the prison, we were received by the employee responsible for us inside the system, an enlightened human being who became a great friend of ours and a great multiplier of our message. We identified ourselves at the gate and stopped at the place where we usually had the Serenity Prayer before passing through the metal detectors and then through the first prison gates. As usual, I had butterflies in

my stomach because we were never sure we would be able to hold the meeting at the same place. There were several pavilions in the prison, and we had already had our meetings in almost all of them.

That Wednesday, we were informed that the meeting would take place at Pavilion #5, in a chapel. That pavilion was known to be the "safe place" because there were inmates there who could not circulate in the other pavilions for reasons of their own safety. Despite my self-willed thought of not taking more service commitments in the group, I accepted my sponsor's suggestion and raised my hand to be the group's group service representative (GSR), one of the positions not taken by the inmates because it required service outside the prison. The group's secretary and the letters and posters coordinator were inmates. As is our practice, at the time of discussion and voting I left the chapel, and I waited outside by the prosthetics laboratory. I waited a few minutes that seemed like an eternity to me because I was feeling anxious, but soon a fellow member came to call me back to the meeting.

I had been elected the group's GSR. I shared my joy because, although I was resistant to making the commitment, I felt inside that I was doing the right thing, and that that position would bring me growth. The meeting went on, and one of the three other members who came into the meeting with us from the outside was elected the alternate GSR. Suddenly, a group of inmates entered the meeting room. They were armed with knives and even a revolver, and they shouted an order: "Close the door, and lock it from the inside, because the pavilion was taken! Open the door only when we tell you to!"

Everyone looked astonished, especially those of us from outside. The minutes that followed seemed to have no end. I had all sorts of thoughts, including the idea of dying there. The most valuable feeling I had in those moments was that if I died that day, it would be while doing the most valuable thing to me, the most important thing: I was carrying an



NA message of strength, faith, and hope with fellow members who didn't have access to our meetings on the outside.

The meeting went on, but the environment was tense. We heard shouting and noises from the turmoil that was happening outside the meeting room. After a while, someone struck the door heavily, and an inmate shouted to us to open the door. His request was immediately fulfilled, and once again several inmates entered the room, but this time their knives had blood all over them. It was a frightening scene that left me full of fear.

One of them asked how many we were. We told him, and he asked us to stand up and follow him. My God, now what would they do to us?!

I stood up and felt a little dizzy. For a moment I thought I would faint, but we followed that young man, who took us to the gate that led into Pavilion #5 where we were. That day was the commemoration of the Day of the Inmate, and several different groups had been holding activities throughout the prison. They were now all hostages, including the employees who were inside Pavilion #5.

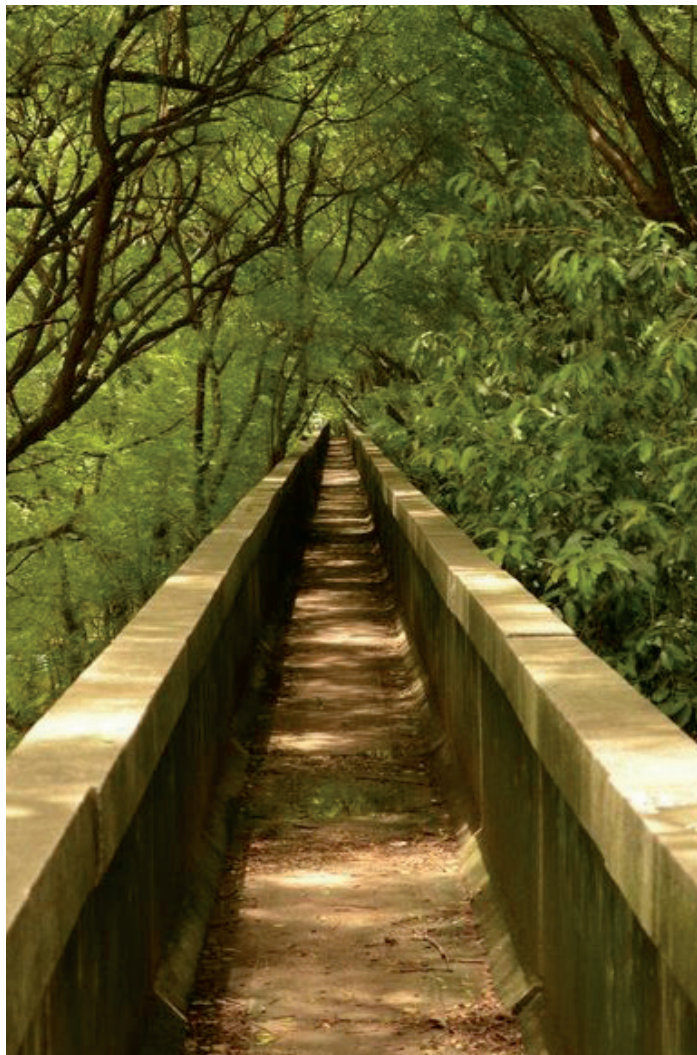
Outside the pavilion, a large number of police, prison guards, and employees were already there, including the worker who was responsible for coordinating the NA meetings—and he was begging the rebels to let us go. However, there was resistance to that from the other employees being held, who wanted all of the hostages to be released, but the leaders of the rebellion would not agree to that. The inmate who led us to the gate faced the leaders of the resistance, and insisted that we be let out—and that was what happened! We, NA servants, not knowing why, were the first to be released—without a scratch. No one ever laid a finger on us. Afterward, I learned that the inmate who had led us to the gate had already been to our meetings, and was a very respected inmate in the part of the prison we were in.

After we got out, we were searched. We did not fully realize what had just happened. We were all sort of lightheaded. Some people inside were killed in an "a settling of accounts," but we were relieved to know that no one who attended the meetings suffered any harm.

In the following days my sponsor called me several times to check on how I was doing. Processing the ordeal came little by little for me. When I fully realized that I had just taken the commitment of at least one year as the newly elected GSR, I thought, "What now? How would it be to go back to that place after what we experienced?"

But it went on. The next Wednesday, I was there, this time by myself, praying for someone to show up, because, according to our service guidelines, we never go in by ourselves to hold the meeting. I called several servants, and finally a fellow member showed up and was ready to go inside with me to have the meeting. We met our fellow inmates, we were greeted with the usual welcome, and everyone treated us just as though nothing had happened the week before. No one even touched on the subject except to return my sponsor's jacket, which he had forgotten when we were rushed out of the room.

I am grateful to my Higher Power for the opportunity to have completed that service commitment, and for having stayed until the last Paz Group meeting. Eventually, the prison was deactivated in 2002, so the meetings were discontinued. Right after



*A raised walkway in Parque da Juventude is a section of the prison left behind.*

the prison was demolished, the space gave way to a gigantic park called Youth Park (Parque da Juventude), which includes fields for sports, a huge green area, and a beautiful library—and some walls of the prison where we held those NA meetings are still standing there.

The most important thing to know is that this NA group did not end when the prison was closed and demolished. It has divided and multiplied, thanks to the inmate members who carried the message to the new prisons where they were transferred or into the streets once they were released. It is not unusual to meet members who have gained their freedom from prison and who continue to come to our meetings on the outside. I'm so grateful!

I am just one more addict, clean since 25 October 1996, just for today.

*Anonymous, São Paulo, Brazil*





## More and more . . . and more and more

When I was six years old, my favorite story was about a caterpillar who cannot get enough food. I loved that story because I loved food: cookies, candy, sweets, potato chips, everything. And the food that he ate was just so appetizing. I remember in first grade trying to check the book out from my elementary school library, but it was always out to someone else, and I could never get to it in time. Finally, the librarian came to my teacher's classroom just to tell me the book had been returned. Somehow, I earned her sympathy—maybe through my crying and manipulation. Having heard it read, I just needed to feed that food-related fantasy for myself.

It was not until later in life (at the age of 32) that I began to realize this obsessive behavior was a pattern that emerged throughout my entire life. It was food at first. Then it was video games. At the age of nine, I distracted myself in class by listing all the video games I could remember. At the age of eleven, I replaced video games with baseball players, baseball teams, and statistics. I had this baseball encyclopedia that I memorized. My intellectual energies having been spent in those areas, my grades and social life suffered markedly.

When college came around in 1996, I had a roommate my freshman year who introduced me to what would become my drug of choice. When I tried it, it was like going to a different world. I was less inhibited, more social. I could talk to girls. I could socialize like a normal person! From there, I would graduate college, get a master's degree, get a girlfriend, and establish a career. But when I was not playing the role of a productive member of society, I was trying to get my next drink or drug.

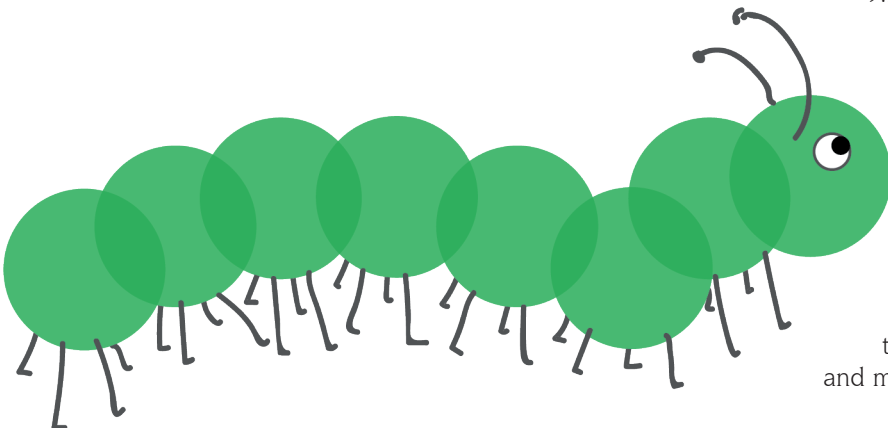
Fifteen years later, on 15 January 2011, I got sick and tired of being sick and tired. I was in the process of earning a PhD, so I was doing well on the social acceptability front. But I had moved from New York to El Paso, Texas, which was a different world. I did not know anybody, so I felt isolated; and the more isolated I felt, the more I used. It continued like this until I had to be pulled out of a potential bar fight that could have ruined my life.

So I took a step out of my comfort zone and went to my first Narcotics Anonymous meeting. At first, I was afraid to talk to anyone. If a meeting started at 8:00, I got there promptly at 8:00 so I would not have to talk to anyone beforehand. When it ended at

9:30, I was out the door, because I was not going to let them get to know me under any circumstances.

After white-knuckling it for about nine months, I began to have anxiety attacks. I had no idea what anxiety was when I was using, but when I got clean, the floodgates began to open. At this time, I finally decided to humble myself and ask someone if he would be my sponsor. I even joked, "I'll be a low-maintenance sponsee."

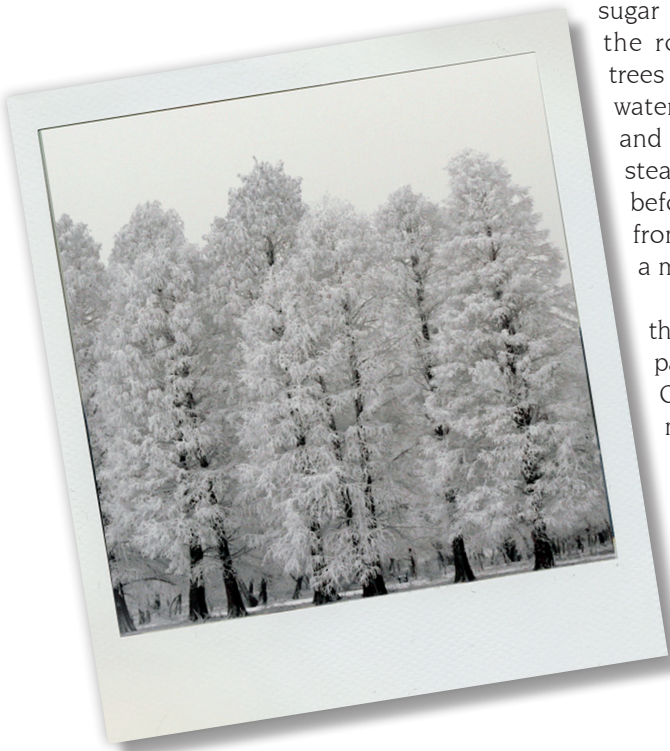
As I began to embrace the program, I came to realize I was a lot like that hungry caterpillar in the book from my childhood who kept eating more and more. No matter what it was, I always wanted more.



More food. More sex. More money. More prestige. And even with seven years clean, even in an era of digital media, I am addicted to buying books, DVDs, CDs. That is an addiction I am learning to manage through the principles of Narcotics Anonymous.

I loved the images of the food in the caterpillar book, but I may have missed the message as a child. When I looked up the story online as an adult, I realized that the caterpillar gets sick to his stomach from all the food he eats over the course of six days. The next day, he eats a single green leaf and is no longer hungry. He spins a cocoon where he stays for two weeks, and then emerges as a beautiful butterfly. At more than seven years clean, I do not know if I am turning into a butterfly, but I like to think I get a little bit better at life each day that I don't use drugs and I try to work a recovery program. I am no longer in a relationship, and I have the same career I did when I was using. I am a lot wiser and a lot more serene, but my learning is never done. The moment I stop working a program is when the likelihood grows that I could turn back into a caterpillar, always seeking something to fill me up—and I have seen too much from the butterfly's point of view to want to do that again.

Craig W, Virginia, USA



## Moments

Life, they say, is all about the moments. This weekend, I had the privilege of experiencing several moments that stuck with me, like snapshots. We were called to take an unexpected, last-minute journey from Edmonton, Alberta, to Vernon, British Columbia. This would be about a nine-hour drive across the prairies and over some high mountain passes.

A couple of hours into our journey, the light, innocent snow falling on the prairies turned heavy. The roads were icy, and our nerves were stretched. A few travelers had gone off the road in the hours before our passage, and then, right in front of us, a tractor trailer slid off the highway, jackknifing into the median. Hearts racing, we avoided his rig as it slid around before leaving the road. His vehicle remained upright and he was okay, and so we carried on. Just a moment.

As we turned west and gained elevation, the sky cleared. In a mountain pass, the heavy snow from the night before left a Christmas-card picture of infinite trees painted white, with little wisps of green peeking through here and there, under a robin's-egg-blue sky. Just a moment.

As we descended, the warmth of the sun dissolved the snow like sugar in water. Just feet from the road, water ran off the trees like a heavy rainfall. The water poured into the ditches and rose again in a ghostly steam, dancing and swirling before returning to the sky from whence it came. Just a moment.

Finally, after going through another mountain pass, we entered the mild Okanagan Valley. A text message came from our ill friend's sister-in-law. It was a photo of a small rock I had given her two years earlier, just after her father had passed. The rock was from a creek at my favorite

spot in the woods where I often meditate. I had painted the word *faith* on the rock to remind her not to give up hope. We wept as we talked. In the warm valley, the hawks, long absent from the cold prairie, still soared and hunted. Snow geese were gathered in a wet field, like angels playing in the mud. Just a moment.

Finally, we arrived. It wasn't good. In the sterile hospital room, our friend was not responsive. The prognosis, though, was hopeful. They had induced a coma because the pain of his broken ribs and the infection in his lungs, along with the spasms in his heart, would have been too much for his body to bear. In the room was another friend, exhausted and still in shock. He had saved our friend's life. He had broken the ribs while performing CPR as they waited for the ambulance.

In the morning, they gently eased our friend out of his coma. Still heavily sedated, he opened his eyes with an odd flicker. Restrained so he wouldn't pull the tubes out, he responded to our smiles by squeezing our hands and moving his feet. Although he was drugged, his mind remained intact. His body would heal. At 49, after a massive heart attack, his life would change. It already had—in a moment.

Recovery has given me these moments. It has given me the freedom to answer the call to be there for our friend, and the means to travel—I have a truck and it isn't run into the ground with bald tires. Recovery has allowed me to give of myself, to give my love to this friend, and to share hope and faith with his family. It has given me the freedom to experience and appreciate this moment and, in fact, recovery gave me the moment itself.

It seems I never know how to end these things. I guess it's because I never know how it's going to end. Yet, in the stillness of a moment, I do know. It will end the way it always has, the same way it started—with love, in a moment.

Anonymous  
**EAENA Monthly, December 2018,**  
**Issue 63 Edmonton Area**  
**Service Committee,**  
Alberta, Canada



## 32+

I recently passed a rather curious milestone in my recovery and my life, and I thought I would share it with my family. On 22 November 2018, I celebrated 32 years clean. I was born in September 1954, and I got clean just after turning 32 years old, so the miraculous milestone is that I have been clean for as long as I was alive before I got clean.

My life has been given back to me by a power greater than myself that works through the program and through the people, and, especially, through the Steps of Narcotics Anonymous. I have the memories of the previous 32 years—the assassination of a president, men walking on the moon, Woodstock (whew!), marriages, children being born, military service. And I have memories of the missed birthdays, divorces, deaths, the near-death of children, combat. I used drugs to deal with all of it, good and bad, until finally it all blurred together in my addiction. I hated my life. I made it to the rooms beaten, broken down by the weight of all the pain I carried. I was willing in the end to just give up, so I prayed to whatever was out there punishing me to stop, make it all stop; I wanted to die. I did not see the smile, but my higher power smiled on me when I reached that place of complete desperation. I was shown the alternative to death by addiction. I was given life through recovery.

The next 32 years, this life, my recovery, have been gifts far greater than I could ever have dreamed of. I have been married and divorced twice, and I have grandchildren now. I have been employed since I found the rooms. These gifts are just normal, everyday things for anyone else who does not have our disease. To me, they are the greatest things any one person could ever receive. Through the Steps and Traditions, I have found my true self and all the gifts life has to offer.

I have been blessed to live two lives. I sometimes regret the first 32 years; they were painful and filled with suffering, shame, and guilt. Those years were what I needed to be born again, to accept the tools and the strength to right past wrongs and live life as a true human being. I have a sponsor, I have worked the Steps many times, and



Photo: Deb N, British Columbia, Canada

I have changed that person who I was. I have a home group and the fellowship of friends and peers who know me and my disease better than I do at times. I have been given a gift, an opportunity to live the rest of my life in peace and harmony. Thank you, HP, for the gift of recovery and the Fellowship of Narcotics Anonymous.

And now I go on to the next 32 years, one day at a time.

John R, Colorado, USA

## 7 May 2019

I relapsed a couple of days ago and had to start my recovery over. I wrote down my feelings about it as a way to come out about my relapse to my family and friends, and my sponsor suggested that if I sent it to you, it might be in an issue of *The NA Way Magazine*. So, here it is; I hope you do publish it so it may help someone else.

*Dear God, I need your guidance through this minor setback. I pray for strength, courage, wisdom, hope, and serenity to make it the next 24 hours.*

Two days ago I found out a friend of mine died, and I wasn't strong enough mentally, emotionally, physically, or spiritually to call someone in the Fellowship, or to call *anyone* before impulsively acting while in an unstable and emotional head space. Instead, I lapsed; and no, I'm not proud of it. However, I am not ashamed of it, either, because I am being honest and open, and I am willing to talk about it. Yes, I screwed up; but I am not going to

unpack my bags and stay there dwelling on a mistake. It happened, so I'm going to do something about it.

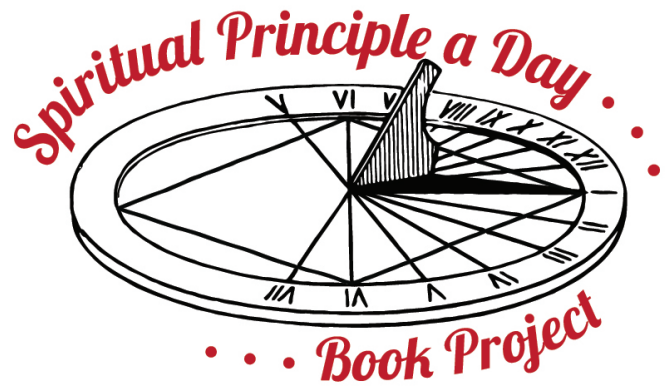
I decided I won't allow myself to wallow in self-pity, disappointment, guilt, and shame. I won't hate myself for making a mistake that I cannot change or take back. I can't and I won't, because that's not fair to me. I am only human, and I am going to make mistakes. Relapses can be a part of anyone's recovery. It is not about how many times I've fallen; it is about the times I've fallen and have stood back up again. It is the choices I make from that point on that truly matter. I made the choice to learn something from this and try again. I have already picked myself up, dusted myself off, and sat my ass right back in the saddle—because I am going to try again. I refuse to let this defeat me. I will keep fighting.

I cannot and will not go back down that road again. I have walked through the scariest, darkest pits of hell, and I know them like the back of my hand. I remember how difficult and painful it was trying to dig my way out of the hellhole that I nearly buried myself in. I remember every detox. I remember every single pleading cry out to God to just let it end, to just let me die. I remember too well, and that is why I will not go back, because it's not that it *could* kill me; it's that it *will* kill me, and I am not ready for that. Nobody is.

So, you can be disappointed in me, but please stand by me and support me through this, and understand that it could have been a hell of a lot worse than it is, and that I am genuinely trying this time. I give up on giving up.

Briana T, Michigan, USA

# We've got a new book in the making!



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

Visit the landing page for the Spiritual Principle a Day (SPAD) Book Project at [www.na.org/spad](http://www.na.org/spad) where you'll find:

- Principles and quotations to inspire you to write on your own or host workshops
- The first batch of draft materials in need of your review and input (R&I)

## **Review and input deadline: 1 September 2019**

Download the first batch of drafts and tell us what you think. We've drafted 48 entries—twelve each on **unity**, **acceptance**, **surrender**, and **love**—by weaving together the materials members submitted. Your input will shape our revisions and provide direction for the 318 more entries. If you only have time to review some, but not all of the drafts, or to answer only a portion of the questions, that's fine.

## **New principles & more to come**

In addition, we still need members to **write on various spiritual principles**. Visit [na.org/spad](http://na.org/spad) for selected quotations to inspire your writing or use in a workshop setting. Consider planning regular get-togethers with your friends, sponsees, or home-group members to contribute to this effort, or working through your local service body to form a project-based workgroup or ad hoc committee.

### ***Principles & quotations to work on through October 2019:***

***Anonymity • Discernment • Empathy • Faith • Gratitude  
Honesty • Hope • Open-mindedness • Willingness • Vigilance***

(We'll post a fresh batch of principles and quotations in early October)

[na.org/spad](http://na.org/spad)

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





# SERVICE CENTER

## NA World Services web meetings are a great way to:

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

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

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

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



## Issue Discussion Topics

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

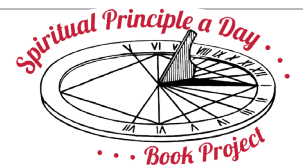
- Carrying the NA Message and Making NA Attractive
- Attracting Members to Service
- Drug Replacement Therapy (DRT) and Medication-Assisted Treatment (MAT) as It Relates to NA

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



## Spiritual Principle a Day Book Project

We're also collecting input from members on a selection of spiritual principles. Please consider submitting your experience of living by spiritual principles. Visit [www.na.org/spad](http://www.na.org/spad) for more details and workshop materials, to submit input through an online form, and to participate in the review and input (R&I) process.



## Mental Health/Mental Illness Informational Pamphlet

Interested in another literature project? Find out about the Mental Health/Mental Illness informational pamphlet project by visiting [www.na.org/mhmi](http://www.na.org/mhmi).



## Special Days in NA

The 2018 World Service Conference approved motions to have "special days" similar to what we have done with Unity Day. Please consider and discuss how you and your NA community would like to celebrate these days and send your ideas to [worldboard@na.org](mailto:worldboard@na.org).

Service Day: 1 May 2019

Public Relations Week: 3–9 June 2019

**Unity Day: 1 September 2019**

Sponsorship Day: 1 December 2019

Stay current with everything about the World Service Conference. Updated regularly with deadlines, surveys, documents, and projects: [www.na.org/conference](http://www.na.org/conference)

## Service Day online and around the world

As agreed by the [South Africa Regional Service Committee](#), we hosted an online service-themed speaker jam to celebrate the First Narcotics Anonymous Service Day on 1 May 2019. This was the first event of its kind that we are aware of in NA. The virtual meeting program we used to host the event was free, so the only "cost" was the data individual members used on their wireless plans to access the meeting.

It provided an opportunity to explore the effectiveness of the online platform in carrying the NA message and bringing members together from all over the world for a speaker jam. Meeting online in this way can help us gather for service and events where travel or other venue-related costs and challenges might otherwise constrain us in holding the event.

We had a South Africa Regional panel session made up of the alternate regional delegate, the chair of the regional service committee, the regional convention chair, and the chair of the local translation committee. They provided awesome updates on developments across several areas in the [South Africa Region](#).

On the international panel, we had a number of speakers from at least four different countries with a combined cleantime of more than 200 years. And we included two World Services staff members and two former World Board members. The topics were public relations, Fellowship development, the basic meeting list



toolbox, outreach, the World Services webpage, and two amazing shares by long-serving members (which had most of us in tears).

The combined attendance exceeded 100, including individual members from around the world, and from NA communities in the Eastern Cape, in Pietermaritzburg, and throughout Africa (including residents of a halfway house). These NA communities got together in their own planned events and streamed the speaker jam as part of their programs.

The other quite interesting development was the opportunity for Narcotics Anonymous service committee members to network and swap contact details with one another so as to share the best collective experiences among areas, regions, and zones. This NA networking was quite powerful, as it created an opportunity to cross-pollinate ideas and experience and thus improve the service committees' ability to carry the message.

In summary, this first effort at this kind of event seems to have been effective, and it looks like there is an audience within the Narcotics Anonymous recovery community that is willing and grateful to participate in such events.

A great many thanks go out to [Narcotics Anonymous World Services](#), the [South Africa RSC](#), the events committee, and all those who helped spread the word about the event. Many thanks to all those who helped in whatever way.

*In loving service,  
Fellowship Development Subcommittee,  
[South Africa Region](#)*



Delhi Area Service Day workshop  
Photo: Amitabh S, New Delhi, India



"I SERVE" buttons were made available for Service Day and can still be purchased from NAWS: [www.na.org/webstore](http://www.na.org/webstore)





# FELLOWSHIP DEVELOPMENT

## Service Day in Kansas City

Our Service Day event was a Spiritual Principle a Day (SPAD) Workshop. It was hosted by the [United Kansas City \(UKC\) Area](#), held in the evening at the Homeward Journey Group prior to their meeting. UKC Area has 10 groups, and the area is part of Kansas City Metro, which is four areas that have come together to share services (i.e., public relations, H&I, outreach, literature, and newsletter).

We met at 6:00 pm for an abbreviated version of the SPAD Workshop. The turnout was small (only nine members), but we had enthusiastic participation. We split into three groups and randomly assigned spiritual principles from the current list of nine: perseverance, understanding, and service. Everyone was given a quote from NA literature about their topic. We discussed the topic as a group, wrote individually, and then shared our writing with the group.

One participant, Lisa N, wrote about service: "I will make a service commitment—small, medium, or large—and show up, to prevent isolation and stay plugged into the Fellowship."

Overall, I think Service Day might have heightened awareness of service in general and the Spiritual Principle a Day book project. Our Metro has no literature committee and really hasn't for several years. Members who realized how easily they could contribute to the literature were excited to do so. I think

it will be interesting to see what repercussions this event has. There were a couple of people at this event I had never seen at another function, and I had several inquiries about it from members who aren't normally involved in service.

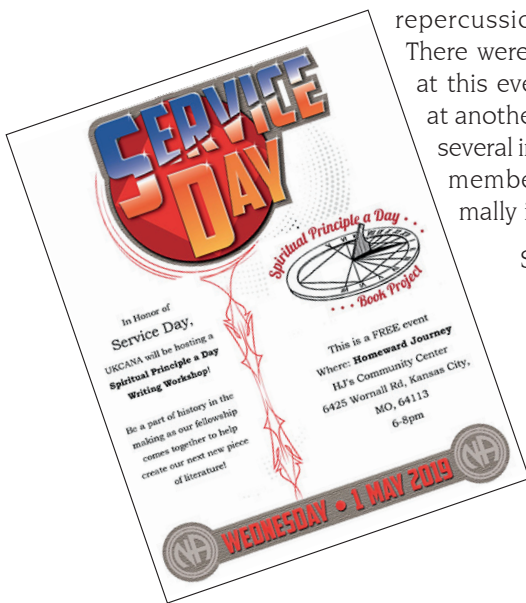
Scott M, Missouri, USA



## First Service Day in Pokhara

The [Pokhara Area](#) Service Committee and a local home group celebrated by hosting a workshop and speaker meeting at the Nirvana Group meeting place. We had two workshops: Where Would You Be if You Never Heard the NA Message? and Making Service More Effective and Attractive. After the meeting, we had two speakers who shared on the topic of service for the home-group meeting.

Pokhara Area Service Committee, Nepal



# Third European Service Learning Days: Spirit of Service

The [Third European Service Learning Days \(ESLD\)](#) was held in Prague, Czech Republic, 26–28 April 2019, hosted by the [European Delegates Meeting \(EDM\)](#). We consider ESLD as Fellowship development in its purest form. The event is separate from formal EDM business, and is focused solely on service and helping our NA communities grow. We want to broaden our communications, and we see this event as a part of that wider goal.

We were overwhelmed by the outcome of the First and Second ESLDs in 2015 and 2017. We had 162 registered participants from 30 countries and 27 regions/communities at the first event and 176 registered participants from 27 countries at the second. In 2019, we had just under 200 registered members from 32 regions and countries. It has been an amazing experience, and it most definitely has met our expectations for Fellowship development work in a broader way.

At ESLD 3, we held 15 workshops, including four Issue Discussion Topics and sessions for a range of members' experiences in group, area, and regional service. Two speaker meetings and a panel discussion on Recovery in a Small Region rounded out the program. Of course, there was plenty of interaction outside the workshops and meetings, too, and we had fellowship and fun on the dance floor Saturday night!

For more information about ESLD, visit [www.edmna.org/fellowship-development/learning-days.html](http://www.edmna.org/fellowship-development/learning-days.html).

[European Delegates Meeting](#),  
Fellowship Development Committee





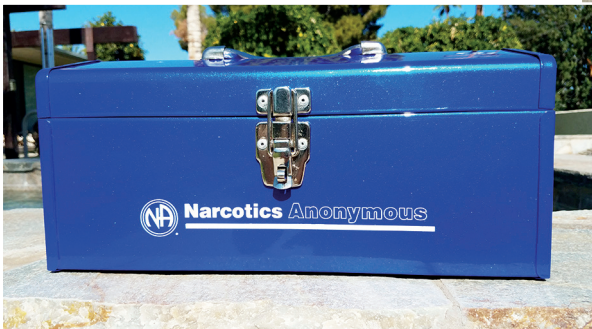
## Basic caption contest

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

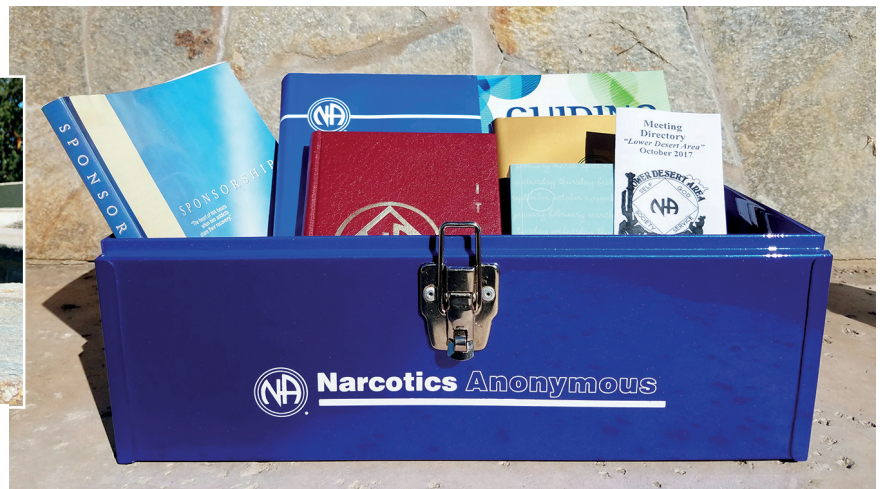
Email your entry with "Basic Caption Contest" in the subject line, and be sure to include your name and where you're from in the body of the email: [naway@na.org](mailto:naway@na.org).



BCC winners will be announced in the October 2019 NA Way. Submit your ideas for the next photo, too!



Photos: Art M, California, USA



If you haven't already, please add [naway@na.org](mailto:naway@na.org) to your newsletter mailing list, and

please send us your

## NEWSLETTER GUIDELINES

to share with other NA communities who want to start or improve their newsletters.

Check out the guidelines currently available at [www.na.org/localresources](http://www.na.org/localresources).\*

\*The resources on this webpage are developed by local service bodies and aren't approved or endorsed by NA World Services or the World Service Conference (unless clearly designated otherwise). If you have other service resources to share, please email them to [fsmail@na.org](mailto:fsmail@na.org).

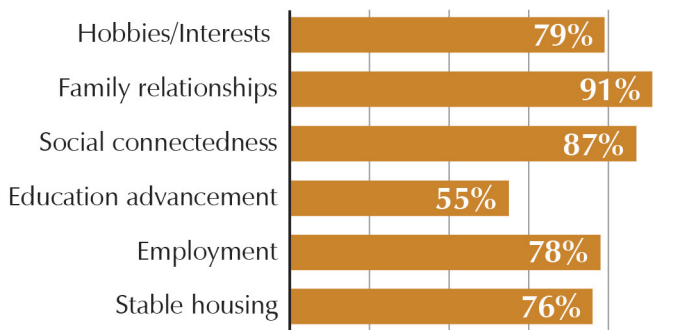


# 2018 Membership Survey

More than 28,000 members participated in our most recent membership survey—about 10,000 at the 37th World Convention, held 30 August–2 September in Orlando, Florida, and an additional 18,000+ online and by mail. The survey is used primarily to provide evidence-based data to those outside of NA about what *we* already know—that NA is a credible, viable, and diverse community resource for addicts seeking recovery. Some survey questions tend to be more relevant to professionals, such as questions about improvement in the quality of members’ lives in recovery. This question helps us demonstrate some ways that we can become productive, responsible members of society.

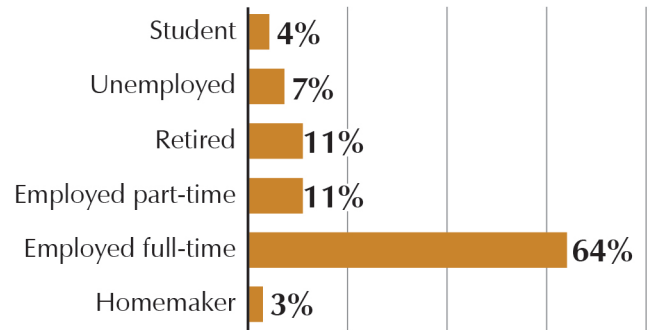
This is the second time we will publish a European Membership Survey pamphlet and the first for a Russian version, reflecting responses from 2,260 members from 27 European countries and 2,671 Russian members. These more specific survey results allow NA communities reaching out to professionals to help them become aware of NA as a valuable resource for addicts in their respective parts of the world. The results shared here in *The NA Way* are from the global sampling.

## Quality of Life Improvements



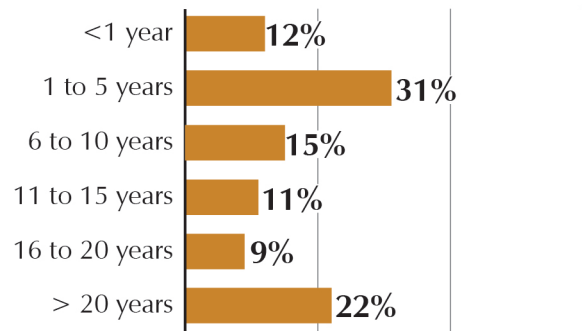
**Quality of Life Improvements:** Improvement in family relationships ranked highest, with social connectedness a close second at 87% of respondents, followed by a cluster of responses identifying employment, hobbies and interests, and stable housing as important areas of life improvement.

## Employment Status



**Employment:** The majority of respondents indicated they had found full-time employment since getting clean.

## Years Clean



**Cleantime:** The average length of cleantime overall was 11.41 years, which clearly indicates that addicts *do* stay clean and recover in NA.

Some of the information we gathered that might be of more interest to us than to professionals includes sponsorship and service. Eighty-seven percent (87%) of our responding members say they have a sponsor, and 55% sponsor others. An impressive 95% say they are involved in service, with the majority (57%) at the group/meeting level.

Usually, treatment or counseling is listed as the most influential reason for members to attend NA, but for the first time in the recent history of this survey, the influence of an NA member was the highest influence to attend NA at 49%. We want to be sure we are maintaining positive relations in the treatment/counseling world, but it is also gratifying to know that as members, we are reaching out to others and showing them that NA can work in their lives, too.

We anticipate that the global Membership Survey will be available in print for members later this summer. We will have a PowerPoint on [www.na.org](http://www.na.org) soon for members to use for their presentations. We are truly grateful to the members across the Fellowship who participated; we would not have this great snapshot of NA without your help.





# PUBLIC RELATIONS

## ¡Feliç Diada de Sant Jordi! Happy Saint George's Day!

Saint George's Day (Diada de Sant Jordi), celebrated on 23 April, is a very special day in Catalonia: the day of roses and books. In fact, it is a celebration of love and culture, represented by roses and books given as gifts between friends and lovers. The streets and squares of Barcelona are filled with people and with stalls selling books and roses. So, it is fun and interesting because everybody is out in the streets browsing bookstalls. Saint George's Day has been celebrated in this way for more than 100 years, and its success and sentiment were the inspiration for a worldwide Book and Copyright Day coordinated by the United Nations. (And 23 April is also the anniversary of the death of the famous writers William Shakespeare and Miguel de Cervantes.)

A very popular meeting point in Barcelona is the Paseo de Gracia, which is packed from end to end with people and stalls. And there we were: Narcotics Anonymous of Barcelona!

This year, for the first time, the Catalonia Area Service Committee PR Subcommittee was present with its own bookstall to provide information about NA and to make NA literature available to interested people. We also gave away bookmarks with information about how to find NA in our community. The day was a success! We handed out more than 600 bookmarks, meeting directories, and informational pamphlets, and we sold five books. We also celebrated NA service because about 30 local NA members participated throughout the day. Thanks to everyone!

If you come to Barcelona next 23 April, we look forward to seeing you at NA's Diada de Sant Jordi bookstall!

*Laurent D, Barcelona, Spain*

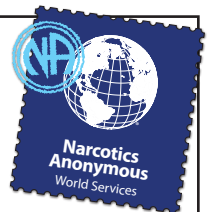


### First Narcotics Anonymous Public Relations Week

**Don't miss coverage of NA's First  
PR Week in the October NA Way!**

Questions? [worldboard@na.org](mailto:worldboard@na.org)

Send PR Week pix: [pr@na.org](mailto:pr@na.org)





# 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](mailto:naway@na.org).



## First West Africa women's meeting

To: NA World Services

Date: 15 May 2019

Last November, the local treatment center where I work in Nigeria received a grant that allowed them to create a drop-in center for women who use drugs. Some of us local members have been trying to figure out the best way to get an NA meeting started there by and for the women. Also, an employee of a nearby treatment center called saying he would be discharging a female client, and he wanted her to attend NA meetings at our facility.

So, one day, we had an informational session to introduce the women to NA (which the client from the other treatment center also attended). We provided some information about NA and how it works, and then two female NA members—one from Kenya and one from South Africa—attended virtually and shared their stories about how NA helped them. At the end of the presentation, I closed the session and told the ladies they could leave, but that those interested in talking about how to get an NA group started could stay.

I was so amazed—all 34 of them stayed!!

All staff members exited the room so the women could talk and decide amongst themselves on a day and time to meet, and maybe choose one person to get things coordinated.

For the next 30 minutes I sat in my office feeling so anxious—and then the woman referred to us from the other treatment center approached my office. She was selected to coordinate the meetings—which would be Friday mornings at 10:00 am. (And she asked for contact information of one of the women who shared via the internet so she could ask her to be her sponsor.) So now, we have the first women's NA meeting in West Africa!

*Anonymous, Nigeria*





Unity is a  
practice  
of love.

*Living Clean, Chapter Seven,  
"The Journey Continues"*



# WORLD UNITY DAY

1 September 2019 — 10 am PDT

Join NA members for a heartfelt expression of NA's worldwide unity as we take a moment to reflect on our **global Fellowship** and our primary purpose: to carry the NA message to the addict who still suffers.

On 1 September (2 September for our friends across the date line), we will all **join together** to share the Serenity Prayer.

Participate however you want—attend a Unity Day event or meeting, gather with friends, or take a moment to yourself at any time on Unity Day to **celebrate** our worldwide NA Fellowship.

## A sampling of worldwide times for Unity Day



For more information visit [www.na.org](http://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](http://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.)

## Barbados

**Christ Church** 14-17 Nov; Barbados Area Convention; Barbados Beach Club, Christ Church; <http://nabarbados.org>

## Belarus

**Minsk** 23-25 Aug; First Belarus Area Convention; Minsk City Palace of Culture, Minsk; <http://na-rb.by/>

## Bermuda

**Southampton** 6-8 Sep; Serenity in Paradise Convention 9; Fairmount Southampton Resort, Southampton; [www.nabermuda.org](http://www.nabermuda.org)

## Brazil

**Santa Catarina** 23-25 Aug; Forum de Serviços 5; Hotel Tropicanas, Florianópolis; <http://www.na.org.br/evento>

**Maranhão** 12-15 Sep; Nordeste Regional Convention 3; Rio Poty Hotel, São Luís; <http://crnanordeste.com.br/sobre-nos/>

**Rio Grande do Sul** 20-22 Sep; Rio Grande do Sul Regional Convention 2; Casa de Cultura Mario Quintana, Porto Alegre; <http://www.na.org.br/>

**Goiás** 7-10 Nov; Convenção da Região Brasil 21; Hotel Pousada dos Pireneus Resort, Pirenópolis - GO; [https://www.na.org.br/evento/xxi\\_convencao\\_regiao\\_brasil\\_de\\_na\\_\\_por\\_um\\_proposito\\_bem\\_maior.html](https://www.na.org.br/evento/xxi_convencao_regiao_brasil_de_na__por_um_proposito_bem_maior.html)

## Canada

**Saskatchewan** 16-18 Aug; Southern Saskatchewan Area Convention 35; Core Ritchie Centre, Regina, SK; <https://www.southsaskna.org/>

**Alberta** 30 Aug-1 Sep; Al-Sask Regional Convention; Nitehawk Adventure Park, Grande Prairie; <https://prmaconvention.weebly.com/>

**Ontario** 6-8 Sep; Canadian Convention 27; Americana Conference Resort & Spa, Niagara Falls; <http://canadianconvention.com>

## Costa Rica

**San José** 25-27 Oct; Latin American Convention 14; Wyndham Herradura Hotel & Conference Center, San José; <https://www.clana2019.com/en/costa-rica>

## Denmark

**Skanderborg** 2-4 Aug; Convention & Camp 12; Audonicon, Skanderborg; <http://www.namidtjylland.dk/konvent/index.htm>

## France

**Saint-Raphaël** 20-22 Sep; France Regional Convention 22; CREPS Boulouris, Saint-Raphaël; <https://www.narcotiquesanonymes.org/evenements>

## India

**Maharashtra** 19-21 Sep; First United Women's Convention; Serenity Resort, Lonavala; <https://naindia.in/events/>

## Japan

**Utsunomiya** 6-8 Sep; Japan Regional Convention 15; Utsunomiya City Cultural Hall, Utsunomiya-shi Tochigi-ken; <http://najapan.org/jrcna/15>

## Lithuania

**Klaipėda** 17-18 Aug; Baltic Convention 17; Kulturos Fabrikas, Klaipėda; <http://lietuvos-na.lt/>

## Mexico

**Baja California** 11-13 Oct; Baja Costa Area Convention 27; Real Inn, Tijuana; event info: Scott A 858.277.6438; Zuri C 011.52.1.664.491.5515

## Portugal

**Alcobaça** 21-22 Sep; Área Oeste Convention 2; Cine-teatro de Alcobaça João D'Oliva Monteiro, Alcobaça; <http://www.2cao.pt/>

## Puerto Rico

**San Juan** 30 Aug-1 Sep; Puerto Rico Regional Convention Unidos Podemos 30; Sheraton Puerto Rico Convention Center, San Juan; <http://www.narcoticosanonimospr.org/>

## United States

**Alabama** 20-22 Sep; Surrender in the Mountains; Cheaha State Park, Delta; <https://www.alnwfl.org/>

**Arizona** 16-18 Aug; Productive Members of Society Group's Women's Spiritual Retreat; Cabins on Strawberry Hill, Strawberry; event info: 602.330.5685

**2)** 30 Aug-1 Sep; SouthEast Arizona Area Convention 5; Hotel Tucson City Center, Tucson; <http://natucson.org/convention.html>

**California** 23-25 Aug; Eleventh Step Retreat 7; Belden Town, Belden; <https://916northna.org/>

**2)** 18-20 Oct; Men's Retreat/Campout 4; Lake Piru Camp, Lake Piru; <https://www.ahhscna.com/ahhscnawp/>

**Colorado** 16-18 Aug; Women's Retreat 6; Rocky Mountain Village-Easter Seals Camp, Empire; <http://wrcna.nacolorado.org/>

**2)** 1-3 Nov; Colorado Regional Convention 33; Crowne Plaza DIA Convention Center, Denver; <https://nacolorado.org/crcna/>

**Connecticut** 23-25 Aug; Central Connecticut Spiritual Weekend 31; Enders Island, Mystic; [https://ctna.org/event/cca-31st-annual-spiritual-weekend/?instance\\_id=10415](https://ctna.org/event/cca-31st-annual-spiritual-weekend/?instance_id=10415)

**Florida** 30 Aug-1 Sep; First Coast Area Convention 17; Lexington Hotel & Conference Center, Jacksonville; <http://firstcoastna.org>

**2)** 30 Aug-2 Sep; South Florida Regional Convention 24; Fort Lauderdale Marriott Harbor Beach Resort & Spa, Fort Lauderdale; <https://sfrca.com/>

**3)** 18-19 Oct; Treasure Coast Area Convention 10; Hutchinson Island Marriott, Stuart; <http://treasurecoastareana.com/>

**Georgia** 8-11 Aug; Midtown Atlanta Convention 27; Hilton Airport, Atlanta; <http://Midtownatlantana.com>

**Illinois** 23-25 Aug; First MidCity Area Convention; DoubleTree, Oak Brook; <http://www.chicagona.org/>

**Indiana** 11-13 Oct; Central Indiana Area Convention; Marriott East, Indianapolis; <https://centralindianana.org/>

**Louisiana** 23-25 Aug; Louisiana Regional Convention 37; Marriott Downtown, New Orleans; <https://www.larna.org/>



**Maryland** 20-22 Sep; Tri-County Area Unity Retreat River of Hope 13; Lyons Camp Merrick, Nanjemoy; <http://www.cpna.org/>

**Massachusetts** 2-4 Aug; In the Spirit of Unity; Tower Square Hotel, Springfield; <http://www.wmacna.org>

**2)** 25-27 Oct; Berkshire County Area Convention; Jiminy Peak, Hancock; <https://berkshirena.com/>

**Michigan** 9-11 Aug; R&R at the Fort; Camp Fort Hill, Sturgis; event reg: 269.259.1860

**Mississippi** 18-20 Oct; Mississippi Regional Convention; Regency Hotel & Conference Center, Jackson; <http://www.mrsna.net/>

**Nebraska** 4-6 Oct; Nebraska Regional Convention 36; Divots Conference Center, Norfolk; <http://nebraskana.org/>

**Nevada** 8-10 Nov; Sierra Sage Regional Convention 24; Grand Sierra Resort, Reno; <https://www.sierrasagena.org/>

**New Jersey** 2-4 Aug; New Jersey Regional Convention 34; Crowne Plaza, Cherry Hill; <https://njrcna.com/>

**New York** 2-4 Aug; Growing Through the Process Women's Retreat; Don Bosco Retreat House, Stony Point; event info: 917.783.2018

**2)** 23-25 Aug; Greater New York Regional Convention; Sheraton Times Square, New York; <http://www.newyorkna.org>

**3)** 25-27 Oct; Suffolk Area Convention 15; Radisson Hauppauge-Long Island, Hauppauge; <https://www.sasnaconvention.org/>

**North Carolina** 20-22 Sep; More Powerful than Words Convention; Livingstone College Event Center, Salisbury; <http://www.cpa-na.org/>

**2)** 20-22 Sep; Keys to Freedom 3; Courtyard by Marriott, Springfield; <http://sasna.org>

**Oregon** 13-15 Sep; Ride 4 Recovery Oregon; Grove Christian Camp, Dorena; event info: 541.363.7433

**Pennsylvania** 18-20 Oct; Williamsport Area Convention 14; Best Western Genetti Hotel, Williamsport; <http://www.williamsportna.org/>

**2)** 31 Oct-3 Nov; Start to Live Convention 37; Bayfront Convention Center, Erie; <http://www.starttolive.org>

**3)** 1-3 Nov; First Greater Scranton Steamtown Area Convention; Hilton Hotel, Scranton; <https://www.gssana.com/>

**South Carolina** 8-10 Nov; The Ultimate Narcotics Anonymous Convention 4; Landmark Resort, Myrtle Beach; <https://www.tunacon.org/>

**South Dakota** 2-11 Aug; Sheridan Lake Campout 25; Squirrel Group Campsite, Hill City; event info: 605.787.2872

**2)** 20-22 Sep; South Dakota Regional Convention 22; Grand Gateway Hotel, Rapid City; <http://www.sdrna.com/>

**Tennessee** 16-18 Aug; Greater Nashville Unity Convention 15; Millennium Maxwell House Hotel, Nashville; <http://www.nanashville.org>

**Texas** 13-15 Sep; Houston Area Convention 13; Hilton Houston North, Houston; <http://www.hacna.com/>

**2)** 4-6 Oct; Frolic in the Woods 28; Garner State Park, Concan; <https://eanaonline.org/>

**Virginia** 23-25 Aug; Almost Heaven Area Convention 33; 4-H Educational Center, Front Royal; <http://www.almostheavenareana.org>

**Washington** 8-10 Nov; Western Service Learning Days 33; Sea-Tac Marriot, Sea-Tac, Seattle; <https://wsld.org/>

## NAWS Product Update

### We All Are PR note cube

In celebrating our first worldwide PR Week, this 2.75" x 2.75" x 2.75" note cube is available in limited stock to help area, regional, and zonal PR subcommittees plan activities to increase awareness.

Item No. 9601 Price US \$5.50/4.90 €



### Chinese

Basic Text (Fifth Edition)

匿名戒毒会

Item No. CH1101  
Price US \$8.30/7.25 €



### 2018 Versions

Available late July

#### NA: A Resource in Your Community

Item No. 1604 Price US \$0.42/0.36 €

#### Membership Survey

Item No. 2301 Price US \$0.32/0.29 €

#### European Membership Survey

Item No. 2303 Price US \$0.32/0.29 €

#### Information about NA

Item No. 2302 Price US \$0.32/0.29 €

#### IP #29: 匿名戒毒会 (NA) 会议介绍

Item No. CH3129 Price US \$0.25/0.22 €



## Danish

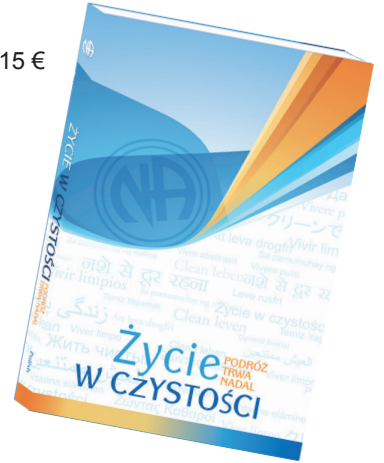
*NA and Persons Receiving Medication-Assisted Treatment*  
**NA og personer i behandling med substitutionsmedicin**

Item No. DK2306 Price US \$0.33/0.29 €

## Polish

*Living Clean: The Journey Continues*  
**Życie w czystości: Podróż trwa nadal**

Item No. PL1150  
Price US \$10.35/8.15 €



*Social Media and Our Guiding Principles*

**Sociale medier og vores vejledende principper**

Item No. DK2306 Price US \$0.33/0.29 €

## Hungarian

**IP #21: A magányos – tisztának maradni elszigeteltségben**

Item No. HU3121 Price US \$0.33/0.29 €



## Portuguese (Brazil)

*NA: A Resource in Your Community*

**NA: Um recurso em sua comunidade**

Item No. PB1604 Price US \$0.42/0.36 €

## Coming Soon!

### Arabic

*It Works: How and Why*

**إنه ينجح**

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

### Latvian

Basic Text (Fifth Edition)

**Anonīmie Narkomāni**

Item No. LV1101 Price US \$8.30/7.25 €

### Portuguese (Brazil)

*It Works: How and Why*

**Funciona: como e por quê**

Item No. PB1140 Price US \$9.55/8.40 €

**eLit**

will soon be available on

**Amazon • AppStore  
Barnes & Noble • Google Play**

*Guiding Principles:  
The Spirit of Our Traditions*

Hungarian Basic Text

[www.na.org/elit](http://www.na.org/elit)

