





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

When my 18-year-old son's friend (I'll call him Tom) was trying to avoid a relapse, I said he could stay with us for a couple of nights. Our small place doesn't allow much privacy even for the two of us, so this was a big deal for me. We talked a long time that night—Tom, my son and his girlfriend, and another friend. A couple of things quickly became clear to me. First, "clean" to this guy meant he wasn't using his drug of choice . . . but was using just about anything else that crossed his path. Second, he couldn't really hear the message I was trying to carry over the manic committee in his head. I asked my higher power to help me help him, and was guided to give him a Basic Text.

The next afternoon, Tom opened the book and thumbed past the introductory pages. Then he started reading aloud. *Our whole life and thinking . . . As long as we could stop using for a while . . .* He asked for a highlighter and began marking line after line. *Our disease isolated us . . .* His voice broke as he fought and then surrendered to his tears. *Living skills were reduced to the animal level. Our spirit was broken.* He looked across the room at me. "This is . . . me," he said.

My son, (who's not an NA member, but who grew up in the rooms) took his friend to a meeting that night and Tom came home with a meeting schedule, several men's phone numbers, and a sponsor. As we go to print, he has about 30 days clean. Even with my 25 years clean, it wasn't my message that reached Tom, but our collective message of hope, gathered and published in our literature, helped him realize he was not unique or alone and *that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live.*

With a focus on our literature, this issue includes the 2010 Fellowship Literature Survey and quotes from our literature paired with Sharing section articles. Subscribers to the electronic NA Way will be able to access an updated copy of the **literature timeline**, a full-color piece that chronicles NA literature development. And, don't miss Zé Caldinho on page 17!

This is the last issue of the magazine that will be sent in paper to readers who have not re-subscribed. Please read pages 10 and 11, and share this information with others in your NA community.

De J, Editor

Cover artwork courtesy of: Volunteer Regional Convention 28 Committee; Tennessee, USA

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

From salsa to surrender

Grilled addiction-stuffed burrito

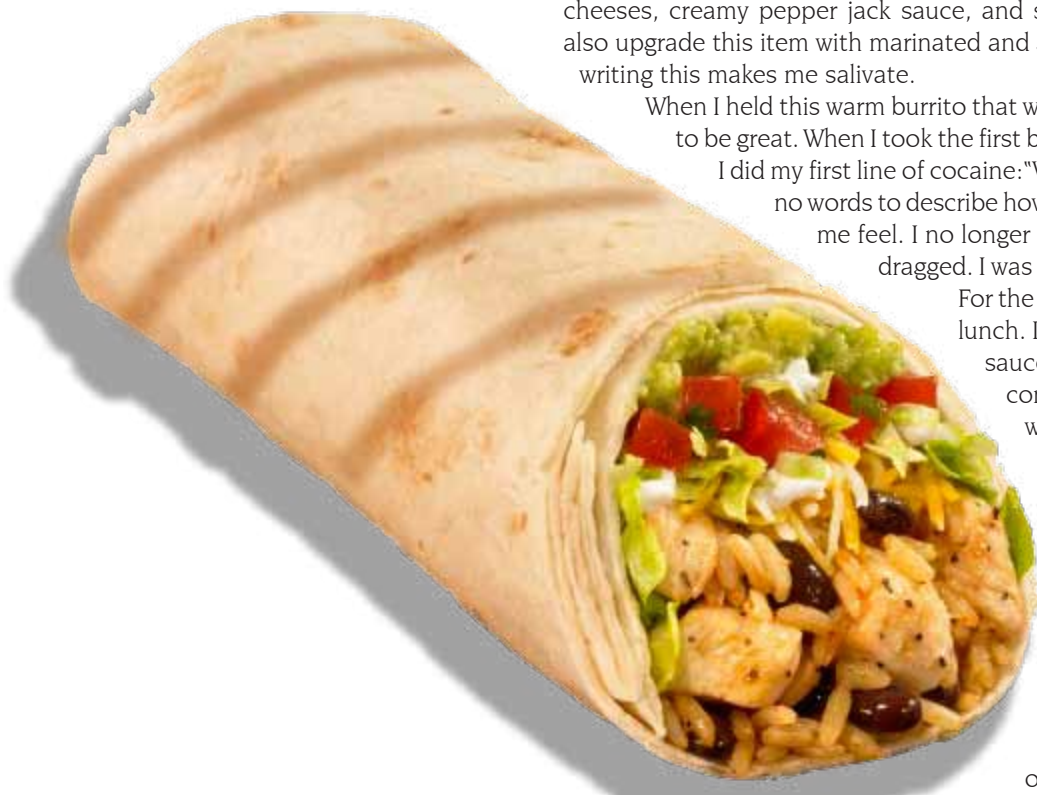
After being clean for more than a decade, sometimes drugs seem so far away. However, addiction continues to wreak havoc in all our lives. I was told when I first got clean that drugs were just a symptom of my disease and that addiction manifests itself many ways. I figured that it would be in relationships, friendships, and such, but I never thought addiction would get me again—in the form of a grilled, stuffed burrito.

It was a typical day at work. The clock was moving slowly, boss was in a bad mood, and I was hung over from two nights of staying up late feeling sorry for myself. That's usually my addiction's first attack: get me feeling sorry for myself, and I will surely begin thoughts that will sabotage my life. It keeps me tired and very obedient to negative desires. It was lunchtime, so I headed to the local Mexican fast-food place. I saw a sign for the all new grilled stuffed burrito described as "a large, warm, soft flour tortilla wrapped around seasoned ground beef, hearty beans, seasoned rice, a blend of three cheeses, creamy pepper jack sauce, and salsa; then grilled to perfection. (You can also upgrade this item with marinated and grilled chicken or carne asada steak.)" Just writing this makes me salivate.

When I held this warm burrito that was grilled to perfection, I knew it was going to be great. When I took the first bite, I had the same thought that I had when I did my first line of cocaine: "Where have you been all my life?" There are no words to describe how delicious this was, how comforted it made me feel. I no longer felt sorry for myself and the day no longer dragged. I was full and I felt good, really good...too good.

For the next two weeks I ate the burrito everyday at lunch. I changed it up a little, sometimes with hot sauce, sometimes with chicken or steak, every combination better than the last. Can I find a way to make this even better, more pure? Can I freebase a burrito? I was hooked, and I had no idea. One day my boss asked me what I was doing for lunch, and I told him that I was going to get a burrito. He said, "Joe, I've noticed you have been eating that burrito a lot lately." I could only respond the way an addict in true denial does: "I'm all right, I've got it under control."

Another week of daily burrito consumption went by. The only outward sign of this affecting my life was the massive



accumulation of hours I was wasting in the bathroom. There were only two possible explanations for this: either the daily doses of burritos or the onset of dysentery. Thankfully, I was living alone at the time, and had to explain myself to no one. My downward spiral was on, addiction had me in its clutches, and I chose to ignore all the negative signs.

A few days later I found myself on the road for a TV shoot, hours away from any hookups for my current "food of choice." I wasn't panicked because I knew the restaurant was a national chain. I asked the guy I was working for if he knew where I could find one. He didn't think there were any in the area. From that moment on, obsession grabbed me and wouldn't let go. Knowing that there wasn't a franchise in the area made my cravings stronger. I would have compromised myself at that moment just

...it wasn't the burrito's fault.

to smell one or to know that one was near. I frantically found a computer and searched it. I found one 30 minutes away. I strategized: Can I drive 30 minutes and make it back in time for our shoot? I had to try. I printed out the directions and left without telling anyone. I was in full addict mode on the way to his fix.

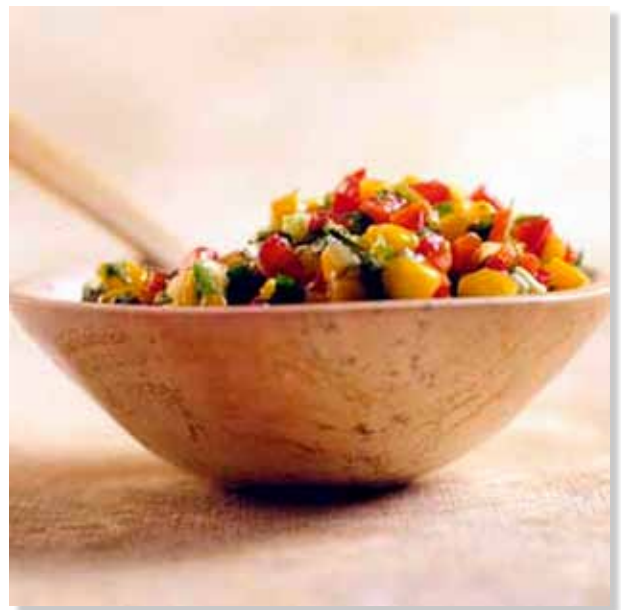
Any addict will tell you that the act of going to get your stuff is always the best part. The anticipation is exhilarating. You run through all the scenarios of how great it will be once you get it. Will I get chicken, beef, or steak? Hot or mild sauce? Should I not get a drink so I can savor the flavor for hours? I was insane. I was speeding and looking out for police so I wouldn't get pulled over. I had not one extra second if I wanted to get back in time. Then, on my left, in the distance, I saw the purple sign with the big yellow bell. I even turned down my radio for full concentration. My stomach started moving and growling in anticipation of the greasy goodness that was about to be had. As I approached I saw a "no left turn" sign and noticed that the U-turn lane was a quarter mile up the road. I

couldn't risk it, so I pulled a screeching left, cutting off a car, and made it to the drive-thru lane. I ordered my burrito and pulled into the back corner of the parking lot. As I unwrapped it, I noticed that it was not grilled. Not grilled! But that's what makes it so great! That was the difference between that one and lesser burritos on the menu. I was furious! But I couldn't go argue with them to get another. It was lunchtime and busy. I would have been late for the shoot. I looked at myself in the rearview mirror. As I was about to say to myself, "Do you believe this?" I paused. I looked at myself and had a moment of clarity. I saw it all clearly...and I was ashamed. I figured I would take a few breaths and calm down. I would eat this burrito and then stop... for good. As I placed this big, fat, greasy devil in my mouth I started to cry. I couldn't even bite it. I looked to my left and saw a family staring at me. There I was, a young man with years of recovery, shamefully weeping in his car with a burrito in his mouth. The woman asked me, "Is everything OK?" Without even taking the burrito out of my mouth, I mumbled, "I don't know." She quickly got her family away from me. I shamefully ate the burrito, and got back to my shoot in time.

When I got home that night I started to get honest with my sponsor about what I had been doing. We talked about the power of addiction and all the ways it can affect us. I am proud to say that I went a whole year without the grilled stuffed burrito. My sponsor said it was unnecessary for me to give it up totally because it wasn't the burrito that was the problem. I just came to it at a vulnerable time in my life and went out of control. He knew I was in a better frame of mind. I decided to get one to see what would happen. Though I wanted one, when I got there I felt like it was an old relationship that had hurt me. Even though it wasn't the burrito's fault, I thought it was best I stay away. I decided to look

forward in my life, try something new. I went for the "Spicy Chicken Burrito: a warm, soft flour tortilla wrapped around shredded chicken that is slow-simmered in Mexican spices, seasoned rice, creamy jalapeño sauce, and salsa." It sounded good, really good... too good. So, I did what any recovering addict with clarity does when he's confronted with that strong urge and doesn't know what to do. I got the hell out of there.

Joe F, New Jersey, USA



Dear NA Way ...from Narkoslavija

Just for today, I will have faith in someone in NA who believes in me and wants to help me in my recovery. White Booklet, Just for Today

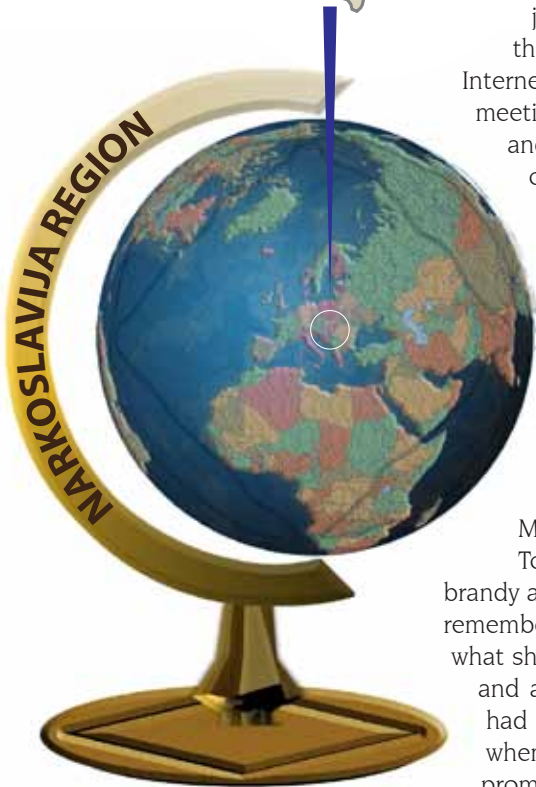
It has been a few months now since I last wrote to you, and so much has happened since then. In the last article, which you so kindly published, I was describing my journey in the former Yugoslavia region and how the NA fellowship was developing there. We now fondly call it "Narkoslavija" and it consists of five different areas (Montenegro, Serbia, Macedonia, Bosnia, and Croatia), and we are waiting for Slovenia to join us. Most of these countries fought each other in a civil war that ended not that long ago. I would like to tell you more about our journey through the recovery of another addict who lives in a little town in the Balkans. For anonymity purposes I will not use her real name.

I met Mila in November of last year on one of our VoIP (voice-over Internet protocol)* meetings. (From my first article, you may remember that we had just started those meetings to carry the message to addicts in Macedonia, as there was no NA there.) The meetings take the form of a conference call over the Internet, and everyone can hear one another. The format is the same as any other meeting. We read NA literature, have a speaker or a reading, share "from the floor," and do service like in any normal meeting. The meetings are held at regular times of the day, twice a week.

When Mila joined, everything was still in its infancy and we were mostly organizing meetings on an ad hoc basis, but still adhering to NA principles and traditions. She was so shy I could barely hear her voice. She had been in touch with her local NA community, but the meeting was in a different town and she couldn't catch the last bus to get home from the meeting the same night, so the VoIP meetings were perfect for her. Mila was abstaining from most drugs, but was still occasionally drinking. As I got to know her better, speaking to her after the meetings over the Internet, we would talk of complete abstinence and about the program. She could also hear in meetings the message of other members and how we recover. Soon Mila decided to stop drinking and was celebrating her first clean day.

To show how serious she was about this, she put a white keytag on a bottle of brandy and placed it on the table next to her PC, where she spent most of her time. I remember reminding her about why we surrender, but she was adamant that she knew what she was doing. I think she made it to a month clean. It was Christmas season, and although she was living with her mother, she was missing her brother who had disappeared some time ago. Mila was still hoping he would come back, and when he didn't, it was too much for her to bear. The brandy looked like a solution, promising to take away the pain, if only for a brief moment. When she told me she had had a drink, it came as no surprise; but she was ready to start again and this time she removed the brandy from her house.

We were in full preparation for the upcoming regional convention in Sarajevo, Bosnia. It was a great event; lots of newcomers from the region came, many of us from the London fellowship and our newfound friends from New York. Quite a few addicts



Electronic subscribers can [click here](#) for additional photos and stories related to this article.

described it as a turning point in their recovery. The ones with long cleantime and well-established local NA communities were humbled not only by the realization that there were not many meetings in this area, but also by the desire and lengths

...the Narkoslavija region continues to grow...

to which addicts went to get recovery and stay clean.

Mila arrived with her Belgrade crowd, and it was the first time that we met face-to-face. It's difficult to describe this experience. I felt like I knew her really well, but didn't know what to say. We stood there for what seemed to be ages without saying a word, smiling, feeling tearful. She was more than two weeks clean again and looked much happier. I heard her share in one of the meetings, too, and for me it was a small spiritual awakening; I felt that she was here to stay.

Once we were back at our homes, the VoIP meetings took on even more significance as now many of us had actually met each other. There was enthusiasm about what we were doing, and new members started to join us. We gave our group a name: Narkoskypea. In the fol-

lowing few months, more addicts joined the meetings as word spread. But this was a bit different from knowing about a new local meeting. It was becoming global, as addicts as far away as New Zealand and South Africa joined in. The addicts in Macedonia kept turning up until they lost the place with Internet access that they had been using for the meeting. Some still carried on from home while others went to an Internet café, using headphones to listen in.

Mila was a constant fixture in the VoIP meetings. Soon she volunteered to do service, and she became the chairperson (secretary) of the meeting while I was hosting. Every time she reached a clean-time birthday, we would send her a keytag and a card signed by many addicts here in London. Her voice was a bit louder, her face brightening. Sometimes when I missed a meeting and I spoke to her, my curiosity would get the better of me and I would ask her who was at the meeting. It would unfailingly make me smile to hear her say, "That is not according to our Traditions . . . anonymity, remember?" Mila's mum was also seeing the changes and told me on one occasion that she had never seen her daughter so happy in all her life. It prompted her to join a twelve-step program for family members, find a sponsor, and start working the steps, too.

As I write this I feel that there is so much more to say. Just a few hours ago we had our regular VoIP meeting and I

was listening to addicts from Mombasa (Kenya), the US (Arizona), Norway, Saudi Arabia, Slovakia, Brazil, and other places around the world. In one of the meetings it happened to be only girls attending, so they promptly decided that they would have a women's meeting every Wednesday night. The number of newcomers in the Narkoslavija region continues to grow, and many don't speak English, so there is a meeting on Monday nights in the local language. I was so looking forward to these things happening, but they had to happen in their own time. The speaker in tonight's meeting is a disabled person. He found it very useful and humbling to be here and talked about his experiences doing NA service regarding issues with illness in recovery.

I really cannot explain all of this, but so many things that happen in recovery are difficult to explain. Recently I was invited to share my experience of the VoIP meetings at the UK convention. As I was listening to the speaker before me who talked about his home group in the UK befriending another NA group in the US, then listening to another talk about a "love bus" his group uses to go and visit other NA groups at random throughout the country, I was asking myself, "What is it that makes us want to do this? Where does this desire come from and how do we make it happen?" I could feel the hair on my skin standing up as I recalled being in Macedonia last year and wondering how I could best carry the NA message to the addicts there. I just remember the feeling of deep desire to do this, and I could feel I was in the presence of my HP. I truly believe this is what most of us in Narcotics Anonymous have, this desire and guidance from our HP; and I have seen it again and again, not just in my predecessors, but also in those who are coming after me. I see it in Mila.

Faik G, London, United Kingdom



* Voice over Internet protocol (VoIP) is a method of communicating via the Internet. Members can search for registered online meetings (including some via VoIP) at <http://www.na.org/index.php?ID=home-content-fm>. Click on Option #2 and select Web as the country.

Stormy weather

... the spirit of the Twelfth Step is grounded in the principle of selfless service.
It Works: How and Why, Step Twelve

I was told when I first got into recovery that if you take on the commitment to chair a meeting, the only reason to not be there to open the doors is death. We had a cake in the backseat of my husband's truck for a special occasion and the desire to see a friend pick up his four-year medallion. When we left our house, the wind was whipping so hard against the car that I found it difficult to open the door. Rain pushed and swirled around my body as I fought to get into the car. It was cold, and I was relieved as I finally shut myself into the vehicle.

The first obstacle would be to get through the wash. We had a large slab of concrete poured in the wash three-quarters of a mile up the road from our home. Unfortunately, when the rain comes down this hard, the water doesn't seep into the ground fast enough so it starts to run, a phenomenon known as flash-flooding. Today the water had washed about a foot and a half of sand from the slab of concrete. Driving into it was just like hitting a giant pothole and then a six-inch curb. This particular wash was the reason I had to sell my Camaro and buy a truck when I moved here. We made it through the wash, so I knew we would be able to get out to the main road. The rain continued coming down so hard that there was no visibility beyond ten to fifteen miles per hour. It looked like a sheet of water in front of us. In my youth, I drove fearlessly in these conditions, but this night I felt a twinge of fear in the pit of my stomach. My husband told me that the change in thinking was from the realization of what I had to lose, whether it be life or limbs.

The church was still another 15 miles from where we were, but I knew that like the turtle, slow and steady would win the race. Another car pulled out on the main road ahead of us. The car had its flashers going, and there was something comforting about the rhythmic flashes

of the red lights ahead of me. They appeared to be hovering in the same spot, but stayed just out of our vehicle's range. Our two vehicles moved in sync through the rain until we reached the city limits. As the lights of the city came into focus, our God-sent escort turned and slowly disappeared into the rain-soaked night.

A little bit farther on, I caught a glimpse of something out of the corner of my eye. It was a dark figure lying on the side of the roadway. Closer examination allowed me to focus in on a fallen saguaro cactus. It saddened me to see it sprawled out on the side of the road. I had no information on saguaros before moving to the desert. Now I know that they are similar to the California redwood trees in that they take hundreds of years to grow, and that they sprout out arms in the basking sun, only to be taken down by these high-velocity winds. We were almost to the church when an emergency vehicle with its lights flashing passed us on the opposite side of the road. A police car was sending a beacon out to all drivers that there was a blockage in the roadway. A police officer stood in the storm, surveying a ten- to twelve-foot fallen tree. This was going to be a long night for our crew from the Department of Public Safety.

I could not imagine anyone else going out on a night like this, and I thought that we would be sitting alone in the meeting. To my surprise, we had several people show up and take refuge with us that stormy night. We celebrated our friend's four years of recovery with a newcomer looking for a better way of life. In retrospect, I believe God used Narcotics Anonymous to bring me back to a higher power of my understanding. Through it all, I have found refuge for 22 years from the many storms of life in and out of active addiction.

Sandy T, Arizona, USA

We do recover

...my clean time is my treasure.
I protect it with my life,
because it is my life.

Basic Text, "Another Chance to Live"

Every now and then I attend a meeting that deeply impacts my life and my recovery. The Freedom Friday meeting on 7 August 2009 was such a meeting. I am a grateful recovering addict from Nanaimo, British Columbia, Canada. We have a relatively small town (pop. 90,000) with a large recovery community.

On this particular Friday, a good friend was celebrating a true milestone; she was taking a 25-year cake. This in itself was a huge inspiration, but the celebration didn't stop there. Also in attendance were a number of visitors from out of town and some of Marie's "old" friends from the early days in Vancouver, when NA was very small. Five of these friends were also celebrating their cleantime. There were also a few others taking medallions whose clean dates all fell within a three-week period. The total cleantime for these individuals was over 188 years.

And to show that we can break the cycle of addiction, my friend's son was celebrating 30 days' cleantime, and his brother (four and a half years clean) was also at the meeting. Both expressed their gratitude to their mother for helping to light the way. One of the other women marking cleantime accepted her 26-year medallion, with her daughter accepting one for 14 years.

The feeling in the room was incredible. The energy was almost tangible, and the hope and gratitude inspired there will live on in the hearts of those who witnessed this momentous occasion for a long time to come. I felt truly grateful and humbled to be considered a newcomer at five years clean!

"An addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live.... We have a disease, but we do recover."

Tyler J,
British Columbia,
Canada



If not for H&I

...ours is a program of attraction, and our attraction lies in the ways we have changed.
Hospitals & Institutions Handbook

I'm an addict from Boston, MA, and I used for a long time! My life was spent in and out of "jackpots." I've spent many, many years in prison thinking I was going to use differently when I got out. But it never happened! I always got caught up in the getting and using and finding ways and means to get more.

In early addiction, I prided myself on being a stand-up person, and I looked down my nose at others who weren't. I despised people who would steal from their families or friends. I thought they were disgusting and someone should put a bullet in them.

I'm an old drug addict and tried to get clean in early addiction. They didn't have detoxes like they do today. They had public health service hospitals, and I tried that. They gave me a card saying I was a registered drug addict. At 20 years old, I was proud of being a card-carrying dope fiend. This was my life! I never tried to get clean again, and I would use until they threw the dirt over me. I did everything I had to in order to get my drugs. My favorite war cry was "Why won't they give me a break?" I blamed everybody for my problems—the stool pigeons, the cops, the judges, etc. I thought utopia would be if they just put me in a cell with all the drugs I could use, weld the door shut, and just feed me once in a while. Then everything would be all right.

I was paroled from state prison in 1980 and continued to use while I was on parole. In 1984 I got in a car accident during a blackout. I woke up the next day back in state prison on a parole violation. My world had fallen apart again. I was depressed and wallowing in self-pity and didn't have the guts to kill myself.

The next day a friend of mine came by my cell and asked if I wanted to go to a meeting that night. I told him to go away, but he was persistent. He said it was an H&I meeting for a program called Narcotics Anonymous. He said it's like AA but they talk about drugs. I said I didn't need that s*#!t! That night I went

with him to the meeting anyway, and the thing I remember most was the clock on the wall (just watching the hands go around). I didn't want to be there, I didn't want to be around people, I couldn't wait for the meeting to be over so I could go back to my cell and isolate. Finally it ended. On the way back my friend said, "That was a pretty good meeting." I said that it sucked and they were all full of it. The guy who was talking said he had a life second to none. He had holes in his shoes; he was a loser!

What happened was that reality set in. I had another sentence to finish. I continued to go to meetings, and eventually I was released. NA was young in 1984 in New England, but we had some meetings and I attended them regularly.

Over the years I got involved in service at the group, area, region, and world levels. It was a great experience. I got to meet people from all over the world. My heart was in H&I and I had the privilege of serving on the WSC H&I committee when we had one, and I was involved in the creation of our H&I *Handbook*. Now I try to be of service in my home group and to welcome the newcomer.

My journey in recovery is ongoing. I attend meetings regularly, I have a sponsor, and I sponsor a few men. I have a home group, I don't use no matter what, and I try to apply the steps in my life on a daily basis. Today, I'm a useful, productive member of society. I'm involved in the community, and I'm a father, husband, grandfather. I'm a man of dignity and a grateful member of NA.

The reason for this is that some members of a Narcotics Anonymous H&I committee thought it was important enough to take some time out of their lives to come into the prison where I was and let us know that we didn't have to use anymore and that there was another way of life.

Bean L, Massachusetts, USA

Our readers write

NA Social networking*

I was greatly troubled when an NA group in my area posted a photo taken at a meeting on the group's social networking page. The individual in charge of the group's page was under the mistaken impression that only members of that page could access the photo. He was completely unaware that, without specific security settings, any other social networking home page may be viewed by anyone and can be easily located and accessed through most search engines. Like many people, he was unaware that tagged photos (photos with individuals' names identified in the photo) published on a home page can be found via a search engine. Any member of the general public can type "Narcotics Anonymous _____ page" and view many different area and group pages as well as pictures.

In some areas, members are aware of and take precautions against breaking anonymity online. They do not post photos and they monitor the content of their sharing. Most are not this careful and will post pictures along with the NA name and symbol. What makes this more distressing is that the number of groups with social networking pages is growing, and far too many pictures taken at meetings are being posted. Most of this is done innocently (and naively), as the groups seem to be unaware that every one of these photos may be accessible by the general public. I believe that our Twelve Traditions do apply to publishing on the Internet. Some people feel that since the actual word "Internet" is not in the Traditions, they do not apply, but I think that's nonsense.

I hope that a more thorough look at the traditions and social networking is undertaken and that greater guidance is offered to our members.

Thank you,

David T, Florida, USA

*Editor's Note: Social networking continues to be a topic of interest and concern in the fellowship, and was discussed at the 2010 World Service Conference. For additional information, please see the January 2010 NA *Way* article, "NA members online."



HOW DO YOU THINK WE CAN IMPROVE THE SERVICE SYSTEM?

We—world services together with interested members of the fellowship—are trying to design alternatives to our current service system, ways to more effectively serve the groups and better reach the addict who still suffers.

The Service System Project, which was unanimously adopted at the 2008 World Service Conference and affirmed at the 2010 conference, was created to generate ideas about how to solve some of our ongoing problems with NA service.

We are holding five US workshops during September and October to discuss proposals for changing our service system.

Suggestions in the proposals include ideas such as:

- Forming service bodies along state, national, and provincial lines (as well as town, city, and county lines) to make it easier for addicts to find us, and for people who deal with addicts to communicate with us.
- Using projects and a plan to coordinate services on a local level instead of having standing committees.
- Having a service body or a meeting devoted strictly to supporting the groups.

There is bound to be something to excite you, and maybe even something to concern you (though we hope not), in the proposals. If you were unable to go to one of the workshops and you have not seen the proposals yet, please have a look. Everything related to the project is posted online at www.na.org/service system. On the Service System Project webpage you will find links to:

- The proposals for structural change
- Project background and updates
- A discussion board devoted to the project
- PowerPoint presentations and session outlines
- A form for input on the proposals

We welcome your thoughts at any time, but input specifically about these first draft proposals is due by 31 December 2010. We will release new material in 2011 and will have a better idea at that time of what we will talk about at the 2012 World Service Conference. Please participate in this important process. We cannot be successful with change of this scale unless we all work together.

WWW.NA.ORG/SERVICSYSTEM

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

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

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

These changes will take place in the next several weeks, but now is the time to e-subscribe at www.na.org/subscribe. If you don't resubscribe (paper version) or e-subscribe, this is the last issue you will receive. The January 2011 issue (and future issues) will be delivered in paper only to those who have resubscribed and electronically to current and new e-subscribers.

This is the last issue!

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

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Take action now!



Living Clean: The Journey Continues

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

The review-and-input period for Chapters Three, Four, and Five ended 30 June 2010. There were 3,867 views and 845 downloads of the draft material from our website. We have received a total of 160 pieces of input on those chapters. The input came from individuals, groups, and service committees. Suggestions ranged from word choices to topics that were perceived as having been missed in the draft. We extend our gratitude to every member who participated in this process and offered his or her thoughts regarding the book. Overall, there is a sense of positive energy about the book, and many are eagerly awaiting the next chapters.

We are preparing the final two chapters and the Preface for fellowship review, which will begin by 1 October. The deadline for that review period will be 31 December 2010. We realize this deadline falls during a holiday season, but this is the only timeframe that will work to meet the scheduled publication of the approval form in April 2011. Local NA communities are encouraged to start planning now for workshops or events where they can review the draft material.

We want to extend our heartfelt thanks to NA members who have shared their experience, strength, and hope with us regarding living clean. We received input via email and discussion boards, in workshops at local events, by postal mail, and by audiotape. Your sharing affected the direction and structure of this book. We have reached a point in the development of the text where it would be challenging to consider additional material. Again, we thank you for your participation in the process that is bringing "Living Clean" to life.

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

Check the project page at
www.na.org/?ID=Living_Clean_Project
for more information.

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



FELLOWSHIP LITERATURE SURVEY – 2010

We hope this survey will provide a sense of what the fellowship today would like to prioritize in the development of and/or changes to NA recovery literature. Our needs and desires vary widely around the world and the results from this survey will help us to get a sense of the fellowship’s ideas. The World Board will use this information when considering what type of proposals to develop for future literature projects. We have not included questions about revisions to existing IPs for two reasons. First, many of the IP topics will be reflected in our in-progress book, “Living Clean: The Journey Continues.” Second, keeping our literature current is still an important activity, but in past literature surveys we were unable to obtain clear direction on IP revisions. We believe we need to develop another approach to gather that feedback. We thank you for your participation in this important project.

What New Literature Do We Need?

We ask that you consider the needs of members globally in assessing what is needed or not, and what literature we should prioritize. Sometimes, we tend to look around our meetings and believe we have everything we need; yet that may not be true for addicts who have not found NA or for members in developing NA communities in other places in the world.

Do you think NA members could benefit from new recovery literature?	Yes	No
Comments		

The following are ideas submitted for pieces of literature from members over the years. Please check **one box for each identified topic**. We have left a space for **comments** after each item. If you have said that a piece of literature is very much needed, it would help us to better understand exactly what you are looking for in this piece of literature. Please note that the ideas listed under each category for a new piece of literature are just that, ideas. The scope and focus of the piece will still have to be determined.

Book-Length Recovery Literature					
Idea	No opinion/ Don't know	Not needed	Needed, not a top priority	Very much needed	Comments
History of NA					
Traditions workbook					
A daily meditation book featuring a spiritual principle a day					
Alternative step writing guide which may be a companion piece for those who have worked through SWG					
A new book about sponsorship					
Other – please specify					

Complete this form by 1 April 2011 at www.na.org/litsurvey, fax it to 818.700.0700; or mail it to NAWS; 19737 Nordhoff Place; Chatsworth CA 91311 USA

Book Revisions

Idea	No opinion/ Don't know	Not needed	Needed, not a top priority	Very much needed	Comments
Revise current Step Working Guides					
Revise current Sponsorship book					
Other – please specify					

Booklets (20-24 pages)

Idea	No opinion/ Don't know	Not needed	Needed, not a top priority	Very much needed	Comments
Practicing the Principles of our Traditions					
Service and Recovery					
Application of the Concepts					
Other – please specify					

Informational Pamphlets (IPs)

Idea	No opinion/ Don't know	Not needed	Needed, not a top priority	Very much needed	Comments
IP for older members					
What is 12th Step work? With how-to suggestions					
Women in recovery					
An IP for all indigenous peoples					
Carrying a clear NA message					
Regardless of . . . sexual orientation					
What is spirituality?					
Other – please specify					

Demographics

In addition to your thoughts about literature priority, we would like some information about who you are.

Are you Male ¹ Female ²
 What is your age group? Under 18 ¹ 18–24 ² 25–34 ³ 35–44 ⁴ 45–54 ⁵ Over 54 ⁶
 Length of clean time: Years _____ Months _____

**Complete this form by 1 April 2011 at www.na.org/litsurvey, fax it to 818.700.0700;
 or mail it to NAWS; 19737 Nordhoff Place; Chatsworth CA 91311 USA**

Picture this

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

Butterfly garden meeting

The Caring Through Sharing Again Group meets every Monday night in Pischah, Ohio. We have twelve to fifteen regular members, but this changes throughout the seasons. This meeting is especially attractive in the warm summer months because we meet outside in the church's butterfly garden under the trees and the open sky. It is a very peaceful setting. Except for a few bugs or occasional rain, we really enjoy our outdoor meeting on Monday nights.

This is called the Caring Through Sharing Again Group because back in 1985 a couple of other addicts and I started this meeting out in the boondocks of Westchester, Ohio. It grew over a five-year period and was quite popular with local and not-so-local addicts because there were very few NA meetings around the Greater Cincinnati area at that time.

In 1985 we named it the Caring Through Sharing Group. After about five years I left the fellowship, and began to act the way most addicts do when they stop going to meetings. More than eight years ago, I found my way back home to Narcotic Anonymous.

One of my first service tasks was to restart the Caring Through Sharing Group, and I added the "Again" to the name as a reminder.

Gary R, Ohio, USA



CALENDAR

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

Australia

New South Wales 12-14 Nov; Forster Group Spirit of Unity; Tiona Park, Sydney; Event Info: 610412005506

Bahamas

New Providence 5-7 Nov; Bahamas Area Convention 21; British Colonial Hilton, Nassau; Event Info: 242.436.4016

Belgium

Ganshoren 9-10 Oct; Belgian Convention 10; De Zeyp, Ganshoren; www.na-belgium.org

Canada

Mississauga 12-14 Nov; Canadian Convention 18; Delta Meadowvale, Mississauga; www.ccnacconvention.com

Dominican Republic

Santo Domingo 19-21 Nov; Dominican Republic Regional Convention 9; Barcelo Capella Beach Resort, Playa Juan Dolio; www.naquisqueya.com

Germany

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

Greece

Crete 29-31 Oct; Greece Regional Hellenic Convention/Conference 9; Aldemar Knossos Royal Village, Hersonissos Irakleiou; www.na-greece.gr/Events.html

India

Darjeeling 19-21 Nov; Darjeeling Area Convention 3; Mirik, Allay Ground, Mirik, Event Info: www.apfna.org/docs/events/darjeeling2010.pdf

Ireland

Belfast 22-24 Oct; Irish Regional Convention 25; Stormount Hotel Belfast; www.nanorthernireland.com

Mexico

Baja California 22-24 Oct; Area Baja Costa Convention 18; Grand Hotel, Tijuana; www.Baja-son.com

New Zealand

Otago 22-24 Oct; Aotearoa NZ Regional Convention; Clubs and Societies Centre, OUSA, Dunedin; www.nzna.org/namembers/naevents.shtml

Venezuela

Bolivar 19-21 Nov; Venezuela Regional Convention 6; Hotel El Embajador, Puerto Ordaz; www.na-venezuela.org/eventos.asp

United States

Alabama 12-14 Nov; Greater Birmingham Area Convention 16; Sheraton Hotel, Birmingham; Event Info: 205.447.7320

2) 14-16 Jan 2011; Central Alabama Area Convention 14; Quality Inn Governor House Convention Center, Montgomery; www.caanaasc.org/FreeAtLast%20XIV.htm

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

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

California 11-14 Nov; Recovery First Men's Group Spiritual Retreat 6; Rancho San Vicente, Campo; Event Info: 858.414.7810

2) 26-28 Nov; Southern California Regional Convention 31; Hilton Anaheim, Anaheim; www.todayna.org

3) 7-9 Jan 2011; TAC Convention 11; Chico Holiday Inn, Chico; www.TAC-Convention.org

Colorado 15-17 Oct; Colorado Regional Convention 24; Doubletree Hotel, Grand Junction; www.nacolorado.org/crcna

Connecticut 19-21 Nov; No Limits/Basically Lit Group's NA History Conference; Stamford Plaza Hotel, Stamford; www.historyofna.org

2) 7-9 Jan 2011; Connecticut Regional Convention 26; Hilton Stamford, Stamford; www.ctrcna.org

Florida 15-17 Oct; Heartland Area Convention 8; River Ranch, River Ranch; www.naflheartland.org/Events.htm

2) 29-31 Oct; Treasure Coast Area Convention 4; Hutchinson Island Marriott Resort, Stuart; www.treasurecoastareana.com

3) 5-7 Nov; Greater Orlando Area Convention Unidos en Recuperacion 6; Ramada Plaza Gateway, Kissimmee; www.orlandona.org

4) 12-14 Nov; Gold Coast Area Rainbow Weekend 13; Marriot Hollywood Beach, Hollywood; www.rainbowweekend.org

5) 26-28 Nov; Palm Coast Area Convention 29; Crowne Plaza West Palm Beach, West Palm Beach; www.palmcoastna.org

Georgia 29-31 Oct; West End Area Convention 24; Crowne Plaza Hotel, Atlanta; Event Info: 678.683.6194

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

Illinois 15-17 Oct; Chicagoland Hispanic Area Convention; Chicago Marriott Midway, Chicago; Event Info: 773.443.5598

2) 29-31 Oct; Joliet Area Convention 13; Doubletree Chicago-Oak Brook, Oak Brook; Event Info: 815.922.4059

3) 5-7 Nov; Lake Borderline Area Convention 4; Hyatt Regency, Deerfield; www.chicagona.org/events.html

4) 6-9 Jan 2011; Chicagoland Regional Convention 23; Hyatt Regency McCormick Place, Chicago; www.chicagona.org/events.html

Kentucky 22-24 Oct; Ocean Gateway Area Convention 13; Clarion Fountainebleau Hotel, Ocean City; www.ogana.org

2) 26-28 Nov; Free State Regional Convention 18; Hilton Baltimore, Baltimore; www.fsrna.org

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

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

Mississippi 22-24 Oct; Mississippi Regional Convention 27; Lake Terrace Convention Center, Hattiesburg; www.mrscna.net

New Jersey 5-7 Nov; Northeast New Jersey Area Convention 16; Hyatt Regency, New Brunswick; Event Info: 201.747.0684

New York 15-17 Oct; Open Arms Area Convention 3; Holiday Inn, Suffern; Event Info: 856.924.3827

2) 29-31 Oct; Western New York Regional Convention 15; Adam's Mark Hotel, Buffalo; www.nawny.org

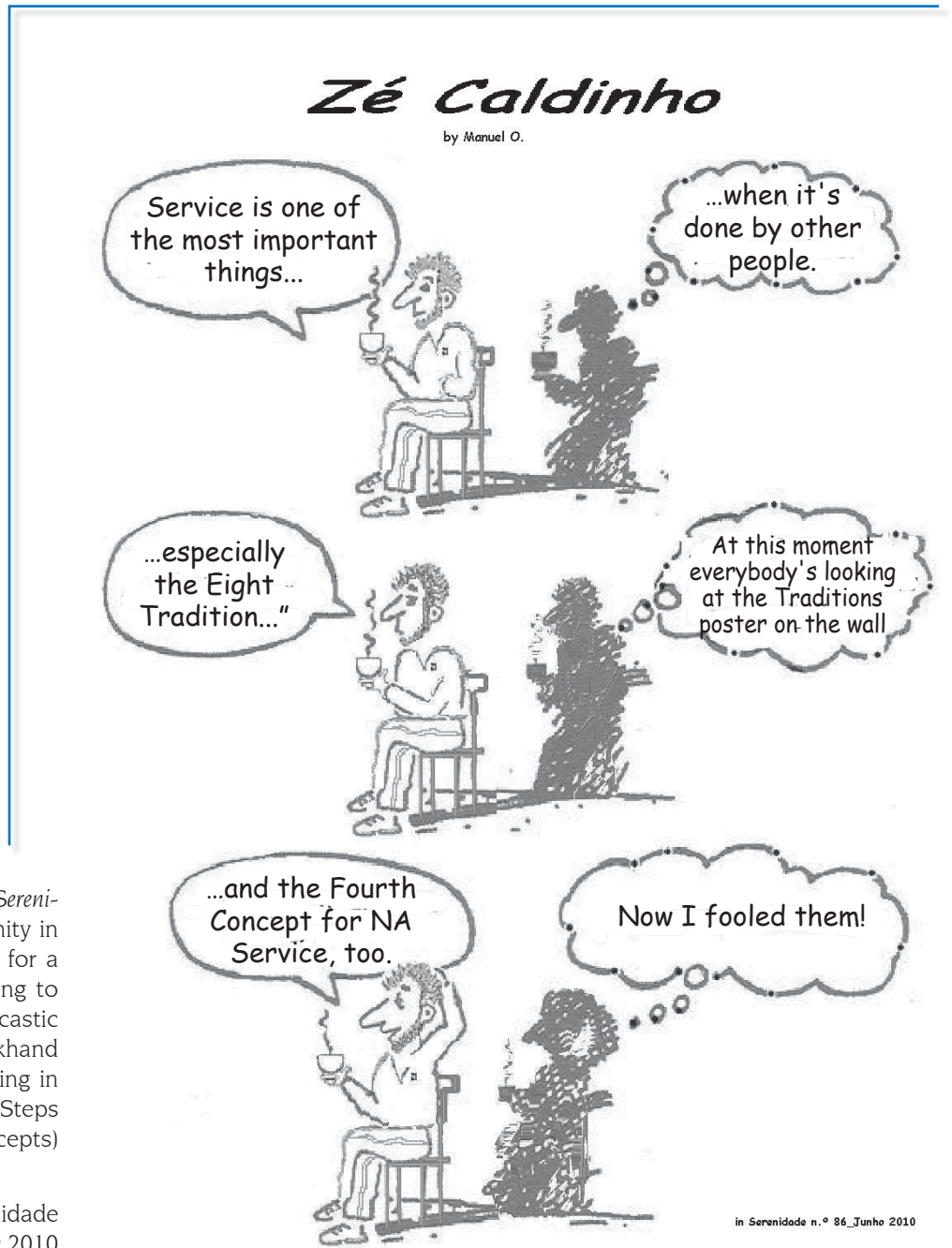
3) 14-16 Jan 2011; Nassau Area Convention 8; Long Island Huntington Hilton, Melville; www.nacna.info

North Carolina 7-9 Jan 2011; Spiritually High in the Land of the Sky 26; Crowne Plaza Resort, Asheville; www.crna.org/events

Ohio 26-28 Nov; Greater Cincinnati Area Convention 18; Hyatt Regency Hotel, Cincinnati; www.nacincinnati.org

Oklahoma 5-7 Nov; Oklahoma Region Fall Spiritual Retreat 26; Camp Waluhili, Wagoner; www.okna.org
Pennsylvania 15-17 Oct; Reading Area First Annual Convention; Inn at Reading, Wyomissing; www.racna.info
2) 19-21 Nov; Tri State Regional Convention; Seven Springs Mountain Resort, Seven Springs; www.tristate-na.org
3) 26-28 Nov; Inner City Area Convention 2; Hyatt Regency at Penn's Landing, Philadelphia; www.naworks.org/flyers
South Carolina 4-7 Nov; Carolina Region serenity Festival 28; Myrtle Beach Convention Center, Myrtle Beach; www.Serenityfestival.org
2) 18-21 Nov; First Port City Area Convention; Marriott Hotel Downtown Historic Charleston, Charleston; www.portcityna.com
Tennessee 24-28 Nov; Volunteer Regional Convention 28; Sheraton Music City Hotel, Nashville; www.nanashville.org/volunteer-region-convention

Texas 15-17 Oct; Alive & Kicking Group Anniversary 37; Sheraton Brookhollow, Houston; Event Info: 281.748.4860
2) 5-7 Nov; Best Little Regional Convention 22; Fifth Season Inn and Suites, Amarillo; www.blrna.com
3) 26-28 Nov; Central Group Anniversary 25; Holiday Inn Select, Dallas; Event Info: 214.534.0198
Virginia 7-8 Jan 2011; Rappahannock Area Convention 29; Fredericksburg Expo Center, Fredericksburg; Event Info: 540.287.7908
Washington 5-6 Nov; Washington/N Idaho Regional H&I/PI Learning Day; First Congregational Church, Tacoma; Event Info: 253.884.6623
Wisconsin 22-24 Oct; Wisconsin Regional State Convention 27; Chula Vista Resort, Wisconsin Dells; www.wsnac.info



"Zé Caldinho" is a regular feature in *Serenidade*, the newsletter of the NA community in Portugal. "Zé Caldinho" is a nickname for a mixed up recovering addict who's trying to look cool, honest, and funny; but his sarcastic "shadow" is always there adding his backhand comments. Zé is at a typical NA meeting in Portugal, where posters of the Twelve Steps and Traditions (but not the Twelve Concepts) hang on the wall.

Reprinted with permission from *Serenidade* (Portugal), June 2010

in *Serenidade* n.º 86_Junho 2010

NAWS PRODUCT UPDATE



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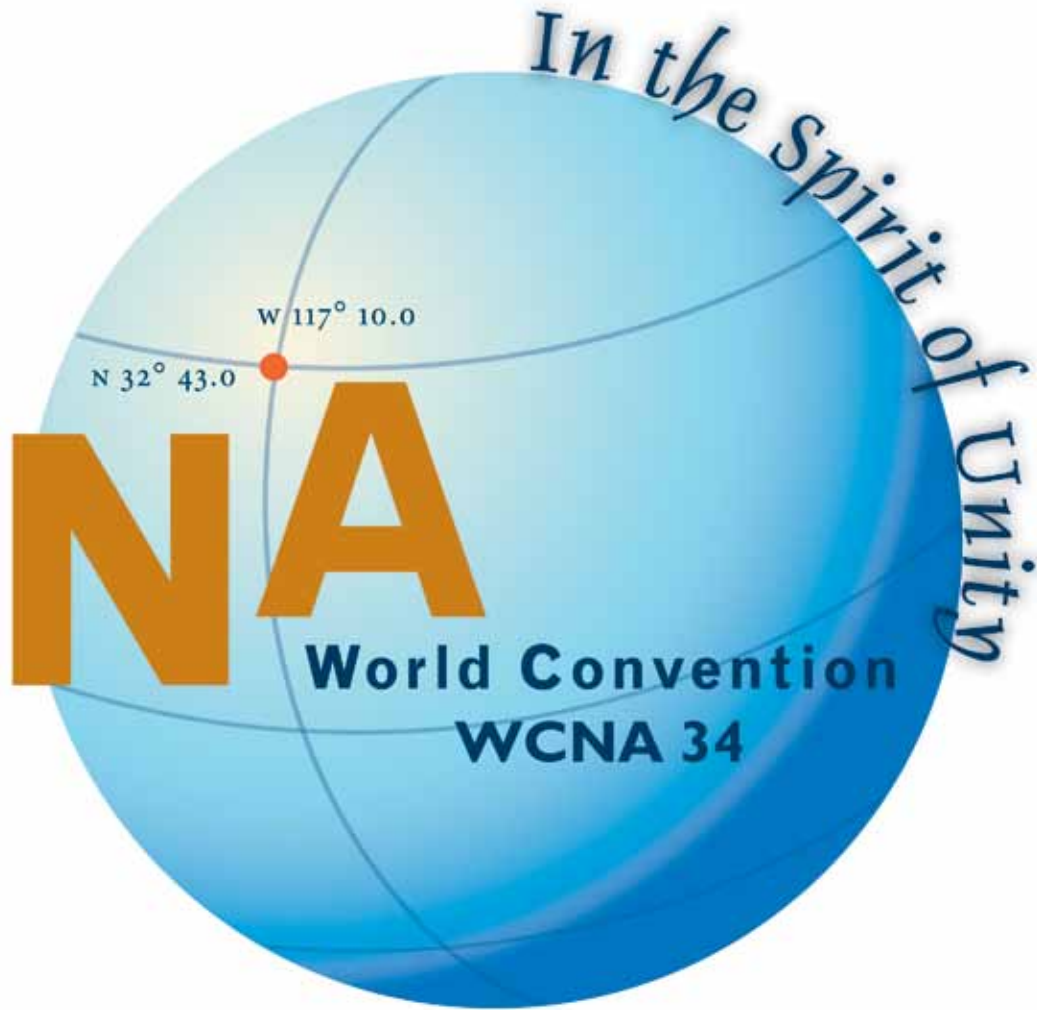
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