

THE
NAWay
 MAGAZINE

THE INTERNATIONAL JOURNAL OF NARCOTICS ANONYMOUS

CELEBRATING 60 YEARS OF NARCOTICS ANONYMOUS
 1953 – 2013

OCTOBER 2013
 VOLUME THIRTY ◆ NUMBER FOUR





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

There just isn't enough s - p - a - c - e in this limited number of printed NA Way pages! I love words and recovering addicts and their inspiring stories, so it breaks my heart to have to significantly reduce stories or pick and choose from amongst our submissions, especially when there is so much great material. You will even see stories in this issue that end mid-paragraph because there simply isn't room to print the whole thing. However, we can choose to live in the solution instead of the problem: the [electronic NA Way](#). You'll get the cover poster (just click on the cover of each issue), additional WCNA 35 stories and photos (like NA being welcomed to Philadelphia in lights across the top of a building!), guides for new meeting formats that debuted at WCNA 35, two full-length articles from members in Africa (the two stories that are cut off), plus an additional story, and more. Have you seen—and printed—the four-part poster series celebrating NA's 60th anniversary (see links on page 2 of each 2013 issue)? This may be the issue that convinces you to e-subscribe. To have access to all of this additional content just go to www.na.org/subscribe and enjoy all of the additional content and extra s - p - a - c - e!

De J, Editor

Electronic subscribers can click here
for exclusive NA history content.

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Cover photo: At WCNA 35 in Philadelphia, giant light orbs proclaiming NA's 60th anniversary lit the main meeting hall, and more than 2,000 members created "postcards from the fellowship" in the NA Way Magazine area of the NAWS onsite office

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.

Cleantime countdown

I had the opportunity to celebrate four years clean at WCNA 35. I spent the entire day overwhelmed by a deepening sense of just how little that cleantime had to do with me. All I ever did was surrender; Narcotics Anonymous—WE—did the rest. I have been writing and thinking a lot about the gratitude I have for those who came before me and kept the doors open so that there was a Narcotics Anonymous for me to come to in the first place!

On Sunday, as we were preparing to leave, I struck up a conversation with another member. She asked how my convention had been, and I shared with her how cool it had been to celebrate a cleantime anniversary on the same day as the cleantime countdown. She shared with me that she was at the convention with her husband and their best friends, and that at the cleantime countdown her husband stood up for 30+ years, her husband's best friend stood up for 25+ years, and her best friend stood up for 20+ years. She went on to say that she should have been able to stand up for 15+ years, but that she had relapsed earlier in the year, so she could only stand up for several months clean.

She shared that participating in the cleantime countdown had brought a lot of the guilt, shame, and regret back to the surface. She felt like she had thrown away her cleantime, that it had all been wasted, and that she had let everybody down. She felt angry with herself. I was the only person she had shared this with so far.

I was so grateful to be right where I was supposed to be. I did exactly what she would have done for me. I reminded her of what she already knew, that our Basic Text says it is not shameful to relapse—the shame is in not coming back. She made it back—and I got to welcome her home! I also got to thank her for staying clean for all those years, keeping the doors open for me for the last decade or so of my active addiction while I was out there trying to decide whether I had had enough. I would not have been clean that very day—could not have been standing there talking to her—if it were not for her and all my other predecessors keeping the doors open for me. I love the way this program works. Thank you, Narcotics Anonymous!

Jason L, West Virginia, USA



New WCNA meeting formats

NA members can always share at the marathon meetings that run throughout the NA World Convention, but for the first time, two new member participation meeting formats were offered. At "Just for Today" and "Daily Tenth Step Meetings," members were randomly chosen to share at an open podium on the day's JFT reading or a reading on the Tenth Step. In "flash group" sessions, members gathered at tables with others they didn't know, and each table had its own recovery meeting based on a reading from our new book, *Living Clean: The Journey Continues*. All of these sessions were so well attended that each session overflowed with attendees—and recovery!

HP was working the room

I'm grateful to share my experience as the first person to chair this historic "Just for Today" meeting. It was a wonderful experience from the word go. I explained the meeting format to attendees: Everyone wanting to share should take a numbered ticket and sign a release form (because the session was being recorded), and we would randomly call members for five-minute shares. Members quickly signed up! Since it was the first meeting, the room was not full, but the word got out about the JFT meetings, and when I went by the next morning it was packed, with standing room only!

I told many friends at the convention about the format, how simple and noninvasive it was. Timing during meetings is a hot topic at my home group. After this positive experience, I will definitely bring it up again at our business meeting. I'll share how well received it was and how easily addicts from around the world complied with this suggestion. I truly believe HP was working that room throughout the convention! That presence was felt with the underlying gratitude of the many shares I witnessed.

Genina A, Ontario, Canada

Shhhhhhhh

I had a great experience chairing the Saturday flash group—and what a huge success! The room reached full capacity 30 minutes before the start of the session. At least 400 members sat at tables and on the floor inside and outside the room. I was a little worried about quieting such a large audience, so I tried a technique I learned at a business conference years ago: "Hi everyone, I'm Shelly and I'm an addict. I'm going to count down from three and we'll have a moment of silence." I raised my hand and counted down with my fingers, "Three, two, and we are quiet at ... one. Shhhhhhhh." You could barely hear a pin drop. The most amazing part of the flash group was watching members connect on a personal and intimate level. At the end there were lots of hugs and group pictures. A member from Iran read "We Do Recover," and we closed. I can't wait to participate again at WCNA 36 in Brazil in 2015—see you in Rio!

Shelly S, Nevada, USA

Comments from the floor

The hall was jam-packed, so our group formed on the floor next to the podium. We all shared on the topic, and I shared that I wished there were more flash groups! I had been at the convention since Wednesday morning and attended meetings, workshops, and functions, but had not been able to share in a meeting. This session was a fantastic opportunity to talk about how I felt and what I was going through. A fellow member from Iran loved the meeting format so much that he plans to use it back home.

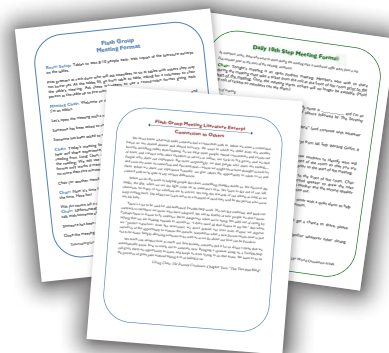
What I felt in the flash group was a phenomenal surge of energy and love in the room, and I felt excited about being there. And then, at the end of the meeting, I was handed the microphone to read "We Do Recover." What a fantastic convention. What a fantastic trip. I had two weeks packed with NA recovery in New York and Philadelphia, and loved every minute of it!

Siavash J, Tehran, Iran

Stimulating

Some friends and I were involved in Saturday's flash group meeting at WCNA. I found the experience quite thrilling. I arrived about 15 minutes early, and most of the tables were already full. People started making their own groups on the floor in every spot possible. Most were groups of eight, so everyone had a chance to share for about five minutes or so without anyone feeling rushed. There were members from New York, Connecticut, and Florida in my group. Being in randomly created groups where everyone didn't know everyone seemed to allow everyone to talk about things they might be hesitant to discuss in another setting where there might be personality conflicts. I was actually disappointed that I wasn't able to participate in more of these. The camaraderie of all these people coming together to celebrate and participate in recovery was very stimulating. I found the whole experience to be quite wonderful, and the spiritual recharge of WCNA is still being felt in our local meetings.

Bill S, New Jersey, USA



Click here for these meeting formats and literature excerpts.

The Journey Continues: WCNA 35 Stories

Saturday morning, I stopped outside the hotel for a smoke. A guy walked up to me, bummed a cigarette, and asked, "What's going on in there?" I explained the convention and our purpose, and he wanted to know how to get in. Knowing newcomer packages were all gone, and that he had no money, I escorted him to the marathon meeting. He seemed like he wanted to talk more, so we found a private space. He told me how painful using was, and that he couldn't stop. I listened and helped absorb some of his pain. I'm not sure exactly what I said, but I spoke from my heart. As he walked into the meeting, he said he was going to stay there all day because he didn't want to use. I hope he gets it.

Jim L, New Hampshire, USA



Absolutely my favorite moment of WCNA 35—and probably one of the most powerful moments of my life: One of my best friends who relapsed last week came to the convention Saturday. During the cleantime countdown, we raised up her chair and held her up when the countdown reached 24 hours. She had lost hope and had lost who she was. At that moment I saw the spirit of this program and god go through her body. She smiled a true smile (which I haven't seen her do in weeks) and looked up to the sky. I can't, we can!

Jessica D, Pennsylvania, USA



The last five years of my active addiction cost me my upper teeth, so I wear top dentures. I carry denture powder in one of those little aluminum pill holders attached to my keyring, just in case they come loose. At WCNA 35, I parked my car and left my keys with the lot attendant. (Most of you have probably figured out where this is going.) After returning home, I found that about 90 percent of it was gone. Somewhere in Philly, there is probably a parking lot attendant who thought he was getting something other than what he thought it was. Having your sinuses plugged with denture glue has got to be pretty unpleasant.

Matt K, West Virginia, USA



That was my first World Convention. I have never experienced such a huge amount of communication, not even at other NA events. I don't speak English well, so it was overwhelming. I was there with my sponsorship family, and this fact multiplied my feelings! I felt unity and like I do belong to this fellowship, MY fellowship. It's a miracle to feel a part of a fellowship filled with love. I got my batteries fully charged! I'm grateful to God and NA.

Alexander M, St Petersburg, Russia



Photos: Jessica D, Pennsylvania, USA, and Sagar J, New Jersey, USA

Some of the guys from Russia signed my sweatshirt in Russian and English. The people in our Fellowship from all over the world have love you can feel; when you hug you can feel the spiritual connection. I've got memories that I'll cherish for a lifetime. And here's another amazing WCNA memory for me: I used with my son, who is incarcerated until June 2014. He's been watching me on this incredible journey for more than 17 months. He's admitted he's an addict, but hasn't been willing to change. He called me during the convention and he said, "Mom, it's loud! Are you at a party?" I said, "Son, I'm in Philadelphia with almost 20,000 recovering addicts from all over the world!" I started crying, and he asked if I was okay. I said it was amazing to meet so many people who understand and know what you've been through. He said, "Wow, Mom, I wish I was there with you." I told him WCNA 36 is in 2015 and he said it'd be awesome to go together. Wait until he finds out it's in Rio!

Angela B, North Carolina, USA



I had the wonderful opportunity to be of service for entertainment. I worked long, exhausting days, but it was so much fun. I wrapped up my responsibilities after the Unity Day meeting on Sunday, and as I walked through the hall, the music playing was the song "Proud Mary," which happens to be the ringtone I use for my sponsor! I felt her love and presence, especially after performing and completing my role as a trusted servant. I was overwhelmed and moved to tears. Of course, as soon as I could get to a quiet corner, I called her! I am so grateful for my predecessors who began work that I get to participate in helping perpetuate. I was taught to suit up, show up, do my best, and keep putting one foot in front of the other—even when exhausted! I am so grateful to those who had faith in me and believed in my abilities. You are my brothers, my sisters, my friends.

Monika V, Texas, USA



After the first day of our first NA World Convention, my girlfriend and I were having trouble winding down from the excitement of a day full of speakers and fellowship. Not yet ready to call it a night, we returned to our hotel room from the dance, and we decided to keep the tradition of one of the Russian speakers. He described going to conventions and "staying up all night at the discotheque." So at 2:00 am, we put on some music and had our own balcony "discotheque" and continued the celebration of 60 years of NA and worldwide unity. In between the bouts of laughter over ridiculous dance moves, we spotted the WCNA 35 lighted banner scroll across the top of an adjacent building. As it scrolled by a second time, we put the dancing on hold and captured the moment.

Brandon C and Nicole M, Pennsylvania, USA

From: Ammar A, Kingdom of Bahrain
Sent: Wednesday, 4 September 2013
To: NA World Board, WCNA 35 Workgroup,
NA World Services Staff
Subject: WCNA 35

I would like to take this opportunity to congratulate and thank you for all your services worldwide, and for gathering such a community of NA members in an event like the 35th World Convention of NA, celebrating the 60th anniversary of a successful program. I would like to remind you that the love, appreciation, and gratitude we have for you in the Arabic Gulf is tremendous. You are always in our thoughts and prayers. May God bless us all in carrying the message of recovery to addicts who still suffer in and outside the rooms of NA. Together we win. Thank you for your efforts; thank you for your energy. May Allah always be with you.

From: Her Majesty's Prison, Durham, United Kingdom
Sent: Monday, 2 September 2013
To: NA World Services
Subject: World Unity Day

Thank you for allowing HMP Durham to take part and make a little bit of history by being the first prison from the United Kingdom to participate in NA's World Unity Day. It was a very humbling experience, and we were there from start to finish. We took part in the shout-out and, although there were technical concerns (and you were not able to hear us), we heard a big cheer from you! Thanks again, and I hope we can do so again in the future. Here's our Unity Day shout-out:

Greetings and welcome to you all. We, the fellowship of I Wing Recovery Centre, Her Majesty's Prison, Durham, England, are honored to be a part of history and this convention in uniting together to send a message to the world. You are not alone. Say NO to addiction! Say NO to living a life where it ends in prisons, institutions, or death. Say YES to the Twelve Steps, spirituality, and recovery! Remember: It works if you work it. If you don't, game over, you lose!

From: Houman H and Ehsan R
Regional Delegate Team, NA Iran
Date: 4 September 2013
To: NA World Services
Subject: NA Unity Day

On behalf of NA Iran, we would like to thank to you for the NA Unity Day event and telephone hookup. You have done a great job for our fellowship and we appreciate your work.

**Electronic subscribers
can click here for additional content.**

Fellowship development:

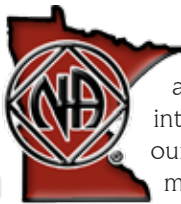
Resources and relationships

In this ongoing series, we're exploring the many ways NA is growing and changing worldwide. Fellowship development isn't just something that happens in "other" countries—and it's not just about starting NA in new places. Fellowship development opportunities are everywhere in NA, and our members and service bodies continually work to grow and strengthen NA to fulfill our primary purpose. In this and future issues of *The NA Way*, we'll share FD experiences of NA communities around the world and around the corner. In this issue, we're exploring the success of two mature NA communities—and the unification and growth of several NA communities on one large continent. (See Afri-can Zonal Forum on page 14.)

Please tell us about your NA community's FD experiences, ideas, and successes so that we can share them with the rest of the fellowship here in *The NA Way Magazine*. Write to us at naway@na.org.

"Minnovations"

**Narcotics Anonymous
Minnesota Region**



As the old saying goes, "If you always do what you've always done, you'll always get what you've always gotten." The services NA provides arise from four interrelated resources: time, technology, people, and money. Innovation leverages our precious resources, allowing us to more effectively and more efficiently reach more people.

Getting out of our own way

Arguably the most innovative change in the NA Minnesota Region was rethinking the delivery of service. Rather than letting ourselves off the hook by claiming that the committees weren't functioning because other people were apathetic (feeling the wrong feeling, if you will), we asked ourselves if that's true or just one more excuse for doing nothing and blaming others. What if we acted as though these truths were self-evident?

- NA members want to carry the message.
- NA members want to help others and want to make a difference.
- Most NA members don't want to attend committee meetings.

In 2008, the Minnesota Region found itself in familiar predicaments: unfilled service positions resulting in little to no service delivery, antiquated technology, and frustrated leadership. Following the success of NA World Services' structural change in the late 1990s, a plan came together for us to move to a project-based system of service. Rather than choosing people to fill positions, the region began choosing the work—projects—for people to do. The standing committee meeting went out the window. Now members could spend their precious time helping others by serving on projects regardless of their location (rural, urban, or suburban).

One member said, "We had to get out of our own way. Our process killed ideas before we even had a chance to help another addict."

The project-based system of service was approved on a temporary basis in 2009, and later, when effectiveness was demonstrated, reaffirmed as a permanent way to go about delivering service across Minnesota. Through planning and projects, NA Minnesota was able to match its capacity to the services it provided. "If there are eight people in the room, let's do the work eight people can do," said another member. Service projects are now focused on priorities agreed upon at the region's annual assembly, aptly named "Creating Our Common Welfare."

Through more effective use of our precious resources of time, technology, people, and money, it is our belief that more lives have been brought closer to the freedom our program has to offer.

Monte J,
Regional Delegate, Minnesota, USA

"Wouldn't it be cool if..." Read more about innovative ideas and service delivery in the next issue.

It's all about relationships

A lot of the fellowship development efforts in our region are about building relationships with professionals in our community. Our regional public relations committee created a department of corrections coordinator position to establish and maintain relationships with the Colorado Department of Corrections (DOC). The PR committee also has relationships with drug courts and treatment centers in our communities. The result of these relationships has enabled us to carry the message to still-suffering addicts and to spread the word that NA is a viable method of recovery in the community.

...at WCNA 35, Colorado prisoners joined other prisoners around the world on the call.

The Colorado Region hosted Western Service Learning Days in October 2012. WSLD held a professional symposium for the DOC and treatment professionals in our community. As a result of our relationship with the DOC, we had almost 50 professionals in attendance. NA World Services and the Colorado Regional PR Committee presented to the professionals and shared how NA could work for the addicts they interact with. The professionals shared their experiences with sending addicts to NA. Many shared success stories, and one drug court judge told her story. She emotionally shared how she had witnessed the success of addicts staying clean after attending NA. She had tears in her eyes as she explained that she believes we are warriors in the same battle and wishes more judges would direct addicts to NA.

Anybody attending the Sunday morning Unity Day call at WCNA 34 in San Diego remembers the prisons in California being announced prior to the meeting. The feeling was overwhelming as inmates shouted out greetings over the telephone hookup. Everyone around me had tears in their eyes as they realized that addicts behind the walls were able to share in the experience, strength, and hope heard during the closing WCNA 34 speaker meeting.

Back home in Colorado, the regional PR committee wondered why this couldn't be done at our regional convention. Our region already had conferencing technology available for regional subcommittee meetings. The PR committee's DOC coordinator had developed good relationship with Colorado prisons, so our DOC coordinator met with prison representatives to discuss the possibilities. After a lot of discussion and volunteer coordination, the prisons were ready to join the Sunday morn-

ing meeting at the Colorado Regional Convention.

A lot of joyful tears were shared that Sunday morning as addicts behind the walls in Colorado heard the message of recovery. Many of the prisons are in remote regions of the state and are not served by H&I. This was the first time that many of them were hearing the message of NA recovery.

We decided to set another goal to get Colorado prisons on the Unity Day call at WCNA 35. Our DOC coordinator worked with World Services and the prisons to set this up. During the Unity Day meeting at WCNA 35, Colorado prisoners joined other prisoners around the world on the call. Again, it was an incredible feeling to know that our service efforts resulted in more addicts behind the walls hearing the message that they are not alone. We will have the prisons online for the third time at our regional convention in October 2013, and we look forward to introducing even more addicts behind the walls to NA.

Seeing firsthand the results of our efforts in building a strong relationship with the Colorado Department of Corrections has inspired us to use that experience to help us build that type of relationship with other professionals in our community. Our next focus is medical professionals. It's hard to put into words the emotions we feel because we are sharing the gift that saved our lives with still-suffering addicts in Colorado—and it's all because of the relationships we've developed in our service efforts.

In loving service,
Colorado Regional PR Committee





2013 Membership Survey

Every two years we attempt to gather information about our members, and the time to gather that information is now! Some may wonder why we want this information and how we use it. One of the aims of “A Vision for NA Service” is that NA is viewed as a “viable program of recovery.” With members from 50 countries attending the world convention in Philadelphia, and members around the world participating from their homes, we have an opportunity to demonstrate that we are, indeed, a viable and respected recovery community resource. Presenting ourselves in this way helps us offer hope to others that they, too, can recover. We encourage each member to spread the word of the Membership Survey to their friends. We would like as many members as possible, throughout NA worldwide to participate.

1a. Country of residence (Check **one** only)

- a. USA
- b. Canada
- c. Japan
- d. United Kingdom
- e. Brazil
- f. Sweden
- g. Russia
- h. Other: _____

1b. State/Province of residence (if applicable)

2. Gender

- a. Male
- b. Female
- c. Other: _____

3. Age _____ years

4. Race

- a. Black (of African descent)
- b. White (Caucasian; or of European descent)
- c. Latino, Hispanic
- d. Asian (including Indian subcontinent) or Pacific Islander
- e. Indigenous
- f. Multi-racial
- g. Other: _____

5. Highest educational level completed

- a. High school/Secondary school
- b. Trade school/Two-year degree
- c. College/University degree
- d. Advanced University degree
- e. None of the above

6a. Employment status (Check **one** only)

- a. Homemaker (go to #7a)
- b. Employed full-time
- c. Employed part-time
- d. Retired (go to #7a)
- e. Unemployed (go to #7a)
- f. Student

6b. Primary type of work (Check **one** only)

- a. Manager/Administrator
- b. Educator
- c. Medical/Health Professional
- d. Addiction Treatment Professional
- e. Other Professional (government, finance, etc.)
- f. Technical/IT Professional
- g. Sales/Marketing
- h. Craft Worker/Artisan/Trade
- i. Laborer/Service Industry
- j. Clerical/Administrative Assistant
- k. Transportation Industry
- l. Other (including self-employed)

7a. Do you have a sponsor now?

- a. Yes
- b. No

7b. Are you sponsoring others?

- a. Yes
- b. No

8. What service commitments do you have in NA?

(Check **any** that apply)

- a. Hospitals and Institutions (H&I)
- b. Public Information/Public Relations (PI/PR) and/or Phonelines
- c. Meeting (secretary, treasurer, coffeemaker, etc.)
- d. Area service
- e. Regional service
- f. World service
- g. None

9. How often do you usually attend NA meetings?

(Please answer **one** only)

- Weekly: _____ times
- Monthly: _____ times
- Yearly: _____ times

10a. Do you attend meetings of any other twelve-step fellowships?

- a. Yes (If yes, go to #10b)
- b. No (Go to #11)

10b. Which twelve-step fellowships do you attend?

(Check **any** that apply)

- a. AA
- b. CA
- c. GA
- d. OA
- e. Nar-Anon
- f. Al-Anon
- g. Other: _____

11. Do you have any family members in a twelve-step recovery program?

- a. Yes
- b. No

12a. Which drug was the MAIN drug you used?

(Check **one** only)

- a. Alcohol
- b. Cannabis (pot, hashish, etc.)
- c. Cocaine
- d. Crack
- e. Ecstasy
- f. Tranquilizers (Klonopin, Valium, Xanax, etc)

- g. Hallucinogens (LSD, PCP, etc.)
- h. Inhalants (glue, nitrous oxide, etc.)
- i. Opiates (heroin, morphine, etc.)
- j. Opioids (Oxycodone, Vicodin, Fentanyl, etc.)
- k. Stimulants (speed, crystal meth, etc.)
- l. Methadone/Buprenorphine
- m. Prescribed medication

12b. What drugs did you use at any time on a regular basis? (Check **any that apply)**

- a. Alcohol
- b. Cannabis (pot, hashish, etc.)
- c. Cocaine
- d. Crack
- e. Ecstasy
- f. Tranquilizers (Klonopin, Valium, Xanax, etc.)
- g. Hallucinogens (LSD, PCP, etc.)
- h. Inhalants (glue, nitrous oxide, etc.)
- i. Opiates (heroin, morphine, etc.)
- j. Opioids (Oxycodone, Vicodin, Fentanyl, etc.)
- k. Stimulants (speed, crystal meth, etc.)
- l. Methadone/Buprenorphine
- m. Prescribed medication
- n. Other: _____

13. When is your clean date?

Month Day Year

14. When was your first NA meeting?

Month Year

15a. Have you returned to using drugs at any time since you began recovery in NA?

- a. Yes (If yes, go to #15b)
- b. No (Go to #16)

15b. If yes, how many times have you relapsed? _____

15c. At the time of your relapse(s), were you

(check **any** that may apply)

- a. Actively attending meetings
- b. Maintaining contact with a sponsor
- c. Being of service to NA

Postcards from the Fellowship

Que todos tenham a oportunidade de sentir a liberdade da recuperação que os princípios de N.A. nos dão. Wishing everyone the opportunity to feel the freedom of recovery principles! Never alone!

from **BRASIL**
 your name **Pedro**
 your home group, area &/or region **ITAIPU (ÁREA OCEÂNICA) Niterói**

to **EVERYBODY**
 estejam com vocês! Sozinho eu não consigo!

Thank you for saving my life

from **Shelby S.**
 your name
 your home group, area &/or region **Free State Region, Maryland**

to **NA**
 "Attitude is Gratitude"

THANK YOU FOR A NEW LIFE!!!

from **TRAVIS**
 your name
 your home group, area &/or region **RECOVERY BY THE WATER**

to **VAROOTICSI ANONMOUS**
NEW YORK CITY

THE FRIDAY NIGHT EXPERIENCE WAS MY THANK YOU AND MY APOLOGY I LOVE YOU.

from **ANA**
 your name
 your home group, area &/or region **MOM**

EVERYTHING I HAVE THAT IS WORTH A DAMN IS BECAUSE OF NA

from **Chris C**
 your name
 your home group, area &/or region **Greater Phila Reg.**

to **NA**
ALL THE WAY

Just 4 today

from **Jenna P**
 your name
 your home group, area &/or region **Hollywood monday goldcoast night.**

to **YOU WILL**

The world. Keep it simple.

from **NA**
 your name
 your home group, area &/or region **WAY**

NA, Thanks for giving me my life back!

from **Meissa G.**
 your name
 your home group, area &/or region **Miami Florida South Atlantic**

to **My very 1st NA World Convention 2013 Philadelphia, PA**

日本のスラッグ Akira

from **JAPAN**
 your name
 your home group, area &/or region **NA way マサジニで世界のスラッグをさがして下さい!!**

to **NA way マサジニで世界のスラッグをさがして下さい!!**

The Afri-can Zonal Forum

Two historic gatherings of NA members in Dar es Salaam, Tanzania, in May 2013 brought together NA members from across the African continent and around the world. The first brought together NA members representing eleven African countries to create the new Afri-can Zonal Forum, which is dedicated to supporting and growing NA in Africa. Here, the co-chairpersons and several members of the newly formed AZF share with us a glimpse of their experience. Some of the history of NA development in one of the oldest African NA communities, South Africa, is also included. And, finally, we present the first in a series about the first East Africa Convention of NA.

Formation of the AZF

Leanne: After the 2012 World Service Conference, there was more talk worldwide about the role and future of zonal forums, especially when taking into account the Service System Proposals. This led me to personally question our involvement in the European Delegates Meeting. South Africa has been a part of the EDM for a few years, but the extent of our participation has been to submit our biannual community reports. We do not attend EDM meetings due to financial constraints (although in 2009 our regional delegate was able to attend the summer EDM in Barcelona because he was attending WCNA 33).

With all of this in mind and with a desire to focus on helping to grow NA in Africa, I asked our regional service committee how they felt about starting a conversation with NA World Services about the possibility of creating an African zone.

In November 2012, I emailed NAWS to get the conversation started. At that time we were communicating with Kenya, Namibia, and Zimbabwe, and we had supplied literature to Namibia and Botswana. In December 2012 NAWS said they could assist by bringing together members from South Africa, Kenya, and Zimbabwe to talk.

At that point I did not know that Kenya was also in communication with World Services, nor did I know that the East Africa Convention Committee had requested that NAWS facilitate some workshops at their convention. This was definitely a case of our Higher Power's perfect timing. Because NAWS representatives would be at the East Africa Convention, it made the most sense to

plan our meeting in Dar es Salaam—and to reach out to as many African NA communities as we could.

Josphat: There has been a fair dispersion of NA in Africa in the last five years. In that time, NA communities that have been functional for a while have been supporting emerging NA groups and communities. Kenya has been supporting other NA communities in East Africa to the extent possible. We've broadened our circle of NA member contacts on the continent and have connected with NA in South Africa and NA World Services. I met face-to-face in Nairobi with a member from Western Cape in South Africa and then by Skype meetings with the South Africa regional delegate and NA World Services staff to talk about fellowship development in Africa, sponsoring home groups, and forming an African Zone. This is how we began establishing the foundation of the Afri-can Zonal Forum.

Leanne: As I emailed members in other African countries, inviting them to the meeting, I discovered that NA was present, with at least one meeting, in more African countries than I knew about. One person would connect me to the next person, and suddenly our African NA community had doubled. It was a beautiful thing to witness. What started out as a potential meeting between South Africa, Kenya, and Zimbabwe transformed into a two-day gathering attended by 19 NA members from eleven African countries/communities, plus two NAWS staff members and a World Board member.

Josphat: We determined a date and place to bring together representatives from East African NA communities. Everybody invited the next country they knew and, through a snowball effect, representa-

tives from eleven countries gathered 16–18 May 2013 in Dar es Salaam, Tanzania. It was there and then that the Afri-can Zonal Forum was born. Since then we have held monthly Skype meetings to share our experience, strength, and hope to begin establishing a service system that will nurture fellowship development throughout the continent.

Leanne: Since that meeting in May, we have managed to stay connected by email and via our monthly Skype meetings. Unfortunately, not everyone is able to Skype, but we do the best we can. Internet connections in Africa can be very slow and erratic. Our conversations for now have been focused on growing strong home groups, developing group trusted servants, considering how business meetings happen, and so on. We share with each other our experience of how to grow and strengthen NA in our communities.

Josphat: We are very grateful for the support we have received from the European Delegates Meeting and for the opportunity to participate in the recent EDM in Marbella, Spain. We remain committed to being of service and passing the message of hope and a new way of life—the NA Way. It is our vision that one day we will have NA meetings in every language and in every village, town, and city here in Africa.

Leanne: We couldn't have done this without the support of NA World Services and the money placed in the basket at every meeting around the world. We look forward to growing together and carrying our NA message of hope across the African continent.

*Leanne B, Durban, South Africa
and Josphat K, Kenya*

South Africa development

Sixty years of recovery, a diamond anniversary; now that's a truly beautiful thing! It's a lovely coincidence that our "oldest-timer" in Johannesburg celebrated 30 years clean this year. That's half of our fellowship's 60 years—pearl on the traditional anniversary gift list and diamond on the modern list. South Africa is diamond country, so we know that rough diamonds have dull, battered surfaces, usually covered by an opaque skin. I was like that when I came in, dull and battered, with a dark, callused layer that was almost impenetrable. I see the same in our rooms all the time, but, like diamonds, we clean up pretty good.

I've had the privilege of watching our NA community grow through nearly half of its time here on the southern tip of Africa. These are the salad days, sheltered, harmonious, vibrant, warm, welcoming, and always growing. Did I say that it has been a privilege? Our cities here are a long way apart and our meetings are centered in only three of them, with a few orphan meetings scattered in between. Cape Town and Durban have rich histories of their own, but it is only Johannesburg's history that I can speak of in any detail, partly from my own experience.

In 1982 or 1983 a member started a meeting in a rehab on the sixth floor of a building in downtown Johannesburg. The meeting had to be held "under supervision" because, at the time, it wasn't legal for more than two addicts to gather unsupervised. Addicts aren't that good at toeing the party line, and the meeting later moved anyway, quietly and informally, to the venue where they had been having their coffee after the meetings. The original venue was found to have been under surveillance by the police. That meeting was taken over by the social workers and ultimately foundered. Fear of surveillance kept many addicts away from the rooms in the early days.

Eight hundred and fifty miles away...

Mark J, Johannesburg, South Africa

First East Africa Convention of NA

An NA member who introduced NA in East Africa in 2005 was murdered in 2010 shortly after celebrating 20 years clean. He had started a twelve-step-based nonprofit in the United States when he had five years clean, and his work eventually brought him to the African continent. Each time he returned home from East Africa, his wife saw how he'd changed during the trip. He had a fire within his soul to make a difference in East Africa the *NA Way*, and he returned here again and again. His wife (also a grateful member of NA) finally told him, "The next time you go back, I am going with you." And on his last trip to East Africa, his wife did indeed go with him. At that time, there was nothing along the lines of addiction treatment in Zanzibar and Tanzania, so they set about the task of opening a recovery house for addicts while they were here. The house manager was an NA member, so this was a catalyst for NA's development here. The first NA meeting in Zanzibar was formed in 2009.

And then, in May 2012, almost two years after our friend had passed, his wife came across a social media profile with the same name as the nonprofit her husband had created. She inquired about this name, and the man who maintained the site told her the story of a man who had helped introduce NA in East Africa. It was her husband's story. They became fast friends with a common bond—his need to know NA and give it away to other members and her need to carry on the service work that had been started in East Africa.

When we practice and teach principle-based service, we carry the message and we receive the gifts recovery has to offer us. So on two different sides of the world, in unity, these two friends sought to fulfill our primary purpose: to stay clean and to carry the message to the addict who still suffers. And they hoped to celebrate our recovery with an NA convention in East Africa.

Over the months, many members joined in this effort via telephone, email, text, and Skype, but because of lack of technology in remote areas and other unforeseen obstacles in people's lives, they faced challenges in forming a committee. Most did not know the difference between being clean or sober, and they found themselves and the convention dream slipping further and further away. It was then that someone added me to this email group of members from different parts of the world. I found myself replying to that group, saying, "I will be of service wherever you need me," not knowing that my life was about to change in ways I never thought possible...

Imran K, Dar es Salaam, Tanzania

Read Mark and Imran's complete articles in the electronic *NA Way Magazine*.



**Electronic subscribers
can click here for additional content.**



Traditions Book Project Update

In response to the first round of workshop materials we made available late last year, we have received stacks of input from workshops and over 200 pieces of input submitted through our online questionnaire. These responses have included both experiences members have had with application of various Traditions and their thoughts on the book's content and format.

To continue gathering as much input as we can on each Tradition, we created two new types of input-gathering workshops. First, we created a new 90-minute workshop profile that can be adapted for use with any of the Twelve Traditions. We hope that areas and/or regions will hold a series of workshops using this profile, covering as many Traditions as possible over the course of a number of months.

The other new input workshop format is one that we're pretty excited about: short, group-focused discussions that target one Tradition at a time. We're calling these "20-minute workshops," but they can be held in as little as 15 minutes, or the discussion can be stretched out to any length desired. We hope this format will generate discussion and ideas from members at the group level.

In addition to making these new workshops available, we encourage members to take pictures of their handwritten input and send it to us right away using smartphones.

To help raise awareness and participation in the project, we are also encouraging the entire NA Fellowship to work on a "Tradition a month" for the year 2014—hold at least one workshop in your community on Tradition One during the month of January, and then on Tradition Two in February, and all the way through Tradition Twelve by December 2014. Don't let this limit you, though—if you've already been holding workshops and gathering input, feel free to stick to your own schedule! Just please keep sending in those experiences and ideas with the Traditions—together, we can create the best literature possible.

In addition to workshops and individual input, members can also participate on the Traditions Book Project discussion board: <http://disc.na.org/trads>. We would also like you to send us Traditions-related speaker tapes/CDs/mp3s. These recordings may serve as useful input to the project. Please don't hesitate to send us whatever you might have—old or new recordings. We look forward to your continued, enthusiastic participation.

Find out more at www.na.org/traditions.

2014 World Service Conference

As we are going to press with this issue of *The NA Way Magazine*, we are also busy drafting the 2014 *Conference Agenda Report*. The *CAR* will be published in English by 27 November 2013, and translated versions will be available one month later.

The *CAR* will contain several motions related to the Service System Project, a motion to approve "An Introduction to NA Meetings," and two motions about the conference itself, as well as a number of regional proposals. We are also trying an experiment this year, and may have videos explaining the content of all or part of the *CAR* online at the World Service Conference web page: <http://www.na.org/conference>.

As always, the *CAR* will be mailed to conference participants and regions, and it will be available for sale at NA World Services or as a download at www.na.org/conference.



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/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.)

Brazil

São Paulo 4-7 Dec; Grande São Paulo Regional Convention 3; Navio Cruzeiro, Santos; www.3crgsp.com.br

Canada

Ontario 14-16 Feb; Toronto Area Convention 8; Downtown Toronto Marriott Eaton Centre, Toronto; www.torontonaconvention.org

India

Maharashtra 12-14 Dec; South Mumbai Area Convention 8; Saint Mary's Villa, Mumbai; Event Info: rockyjustfortoday@gmail.com

Orissa 15-17 Nov; Kolkata Area Convention 8; Hotel Anandamayee, Orissa, Chandipur; www.nakolkata.org/

New Zealand

Rotorua 14-16 Mar; Rotorua Tuesday Night Group... In All Our Affairs; Waitapu Forest Camp, Rotorua; www.nzna.org

Slovenia

Ljubljana 6-8 Dec; Adriatic Regional Winter Convention 5; Hotel Park Ljubljana, Ljubljana; Event Info: ajgor.na@gmail.com

United States

California 29 Nov-1 Dec; Southern California Regional Convention 34; DoubleTree Ontario, Ontario; www.todayna.org/index.html

2) 10-12 Jan; TAC Convention 14; Discovery Inn/Redwood Empire Fairgrounds, Ukiah; www.tac-convention.org

3) 17-19 Jan; San Fernando Valley Area Convention 19; Burbank Airport Marriott, Burbank; www.nasfv.com/index.html

Connecticut 3-5 Jan; Connecticut Regional Convention 29; Hilton Stamford, Stamford; www.ctnac.org

Florida 20-22; Dec; Tampa Fun Coast Area Bay to Bay Women's Convention; Loews Don Cesar Hotel, Saint Pete Beach; www.tampana.org/events/

2) 16-19 Jan; Palm Coast Area Spiritual Retreat 25; Gold Coast Camp, Lake Worth; www.palmcoastna.org

Illinois 15-17 Nov; Lake Borderline Area Convention 7; Illinois Beach Resort, Zion; www.chicagona.org/LakeBorderline/

2) 15-17 Nov; Greater Illinois Regional Convention; Prairie Inn, Galesburg; www.centralillinoisna.org/

3) 2-5 Jan; Chicagoland Regional Convention 26; Hyatt Regency McCormick Place, Chicago; www.crcofna.org

Kentucky 10-12 Jan; Louisville Area Convention 24; Galt House Hotel, Louisville; www.nalouisville.org

Maryland 29 Nov-1 Dec; Free State Regional Convention 21; Hunt Valley Inn, Hunt Valley; www.fsrna.org

2) 17-19 Jan; Virginia Regional Convention 32; Clarion Hotel/Hager Hall Conference/Event Center, Hagerstown; www.avcna.org/html/avcna_committee.html

Massachusetts 17-19 Jan; Boston Area Convention 16; Boston Park Plaza Hotel & Towers, Boston; www.nerna.org

Michigan 22-24 Nov; Macomb Area Convention; Best Western, Sterling Heights; www.michigan-na.org/macomb

Missouri 15-17 Nov; Saint Louis Area Convention 7; Sheraton Westport Lakeside Chalet Hotel, Saint Louis; www.slacna-stl.com

New Jersey 30 Nov-1 Dec; Bergen Area Believe the Unseen; Hanover Marriott, Whippany; www.NewYearNewLife.org

New York 17-19 Jan; Nassau Area Convention 11; Long Island Huntington Hilton, Melville; www.nacna.info

North Carolina 15-17 Nov; First Greater Sandhills Area Convention; Holiday Inn Bordeaux, Fayetteville; www.crna.org

2) 15-17 Nov; First Piedmont/Greensboro Areas Convention; Clarion Airport Hotel, Greensboro; www.greensborona.org/soh

3) 3-5 Jan; Western North Carolina Area Convention 29; Crowne Plaza, Asheville; www.wncna.org

Ohio 29 Nov-1 Dec; Greater Cincinnati Area Unity Weekend 3; Holiday Inn, Cincinnati; www.nacincinnati.com

Pennsylvania 21-24 Nov; Tri-State Regional Convention 31; Seven Springs Mountain Resort, Seven Springs; www.starttolive31.com

South Carolina 14-17 Nov; Port City Area Convention 3; Crowne Plaza Hotel, North Charleston; www.portcityna.com

Tennessee 27 Nov-1 Dec; Volunteer Regional Convention 31; Hilton Hotel, Memphis; www.natennessee.org

Texas 15-17 Nov; Texas Unity Convention 121; Redwood Lodge, Whitney; www.tucna.org

Utah 15-17 Nov; Utah Regional Indoor Convention; Yarrow Hotel, Park City; www.naUtah.org

Calling All Newsletter Editors and Committees
Does your area or region publish a newsletter?

Please let us know—and add us to your email/ mailing list!

naway@na.org

The NA Way Magazine; PO Box 9999; Van Nuys, CA 91409

Share or seek newsletter experience on the discussion board:

<http://disc.na.org/servdisc>

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To be available online soon!

<http://www.na.org/wcna>

Choose from a variety of clothing, caps, and mugs.

Treat yourself or buy a gift for a friend or sponsee/sponsor.

**All sales are final; quantities and sizes
 are limited to stock on-hand.**

NAWS Product Update

A price increase will be effective 1 January 2014;
please visit www.na.org for new price list.

30th Anniversary Basic Text

Commemorative,
Hand-Numbered Limited Edition

Deep red and caramel-colored cover with bronze
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and gift/display box

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Our Basic Text's history artfully depicted on
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Nepali

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र संस्थाहरूमा सेवा र एन.ए सदस्य

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Kwa Leo Tu

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Coming Soon

2014 NAWS Calendar

The journey continues with this 13-month calendar (December 2013 - December 2014) featuring NA literature quotes and unique artwork. Limited supply.

Portuguese (Brazil)

White Booklet

Livreto Branco

