

THE
NA Way
MAGAZINE®

THE INTERNATIONAL JOURNAL OF NARCOTICS ANONYMOUS



OCTOBER 2019

VOLUME THIRTY-SIX ♦ NUMBER FOUR



- [First NA PR Week](#)
- [Second Annual Sponsorship Day](#)
- [FD: ECCNA 35](#)
- [A moment of silence](#)



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

This is an issue of firsts and seconds: first NA PR Week, first European Conference and Convention in a tent, first NA Turkey group, and two new translations of the [Basic Text](#). Two members share about their second second chances, we're approaching the Second Annual Sponsorship Day, plus launching the first [Sponsorship Day medallion](#)—and a member shares about the seconds we spend in our closing moments of silence.

No matter where we are on our recovery journey, firsts pop up for us all the time. Our book, [Sponsorship](#), has multiple references to sponsorship being the first relationship for many of us that involves true trust, intimacy, openness, and honesty. We attend first meetings, NA events, and service committee meetings. We work each Step for the first time, encounter the loss of a loved one the first time in recovery, and get new jobs, relationships, homes, and insights. All of our firsts can be both exhilarating and terrifying, but we make our way through with support from those who love us and recover with us.

Then, as we experience the second round of Stepwork, service commitments, and a multitude of life experiences, they may be less terrifying and more exhilarating (or at least more tolerable) because we have a program, a sponsor, experience, and a Higher Power to guide us. And we are learning to take advantage of the seconds—the moments—when we can find peace and courage and willingness to move forward through each part of life we encounter.

[De J. Editor](#)

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Cover artwork: [Johannesburg Area End of Summer and Afrikaans Basic Text Launch event flyer](#).

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

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



My second second chance

So, today is my second fourth "NAversary," or NA anniversary. I have an odd mix of feelings within me at present. My disease capitalizes on the fact that I chose to interrupt my process after 13 years clean, and it wants me to feel like a failure, but my spirit senses the true value of my experience and sees that my relapse can be used to serve others if I share about it honestly and often.

My disease focuses on those who are not here—alive or dead—and tells me that I failed them and everyone, especially myself. My spirit recognizes how deluded and grandiose such thoughts are, and tells me that to honor those we've lost or harmed, we stay in position and continue to change.

My disease sits alone, hostile and resentful, self-obsessed and paranoid, closed off to love, empathy, and goodwill. My spirit rests securely in fellowship, happy and serene, selfless and open, safely vulnerable, loving, compassionate, and driven to serve. My disease is the clattering, confusing noise in my head. My spirit is the clear conscience of my heart.

Reconciliation of these manifestations lies in bridging the gap between them, not surgical separation of one from the other—and that is what recovery is for me today. Said bridge is built of honest sharing, involvement in the Fellowship, and use of our Steps. How it culminates is this: My disease and my spirit are not two separate entities, nor is either of them separate from me. They are equal parts of me, and each one needs acceptance in order to be housed proportionately. If I do not accept my disease, it will fester and grow. If I don't accept my spirit, it will stagnate and diminish.

Acceptance—true self-acceptance—is required, and that is the greatest gift I have ever received. I'm so deeply grateful for this and feel so, so fortunate to have had a second second chance at this new way of life. "ThNAk you."

After I shared about my NA anniversary the other day, and how I've been fortunate enough to have returned after a relapse, a number of friends reached out to me to share that they, too, had gone through or are going through similar experiences. They shared their pains and they shared their hopes. And today, one of them shared this picture. If all I've been through helps just one other to find their way back, then the juice has been well worth the squeeze.

Jaime V, Massachusetts, USA



...and sharing a second second chance

For eight and a half years, I held my addiction at bay with daily maintenance and gratitude. Four months ago I was scheduled for surgery that would take place on 1 August. After those four months, the significant amount of physical pain I experienced as a part of daily living would be minimized and I could potentially move on to continue to live a full and productive life. Four months is nothing in the span of a lifetime, but it was simply too long to pretend that I am excluded from the dangers of medication.

Eight days ago I surrendered the remainder of my medication to another recovering addict to give to me as prescribed, and this morning, after multiple attempts to pretend that my behavior was okay, I stood up at a meeting and took a white keytag. Devoid of any sense of pride, I walked back to my chair

feeling like a complete failure. And then I read Jaime's post about his relapse, and again, I wasn't alone.

So now, one day at a time, I have begun the process of rebuilding my recovery. My friend showed me that this is possible after surrendering multiple years. Thank you, Jaime.

Anonymous, California, USA

Basic caption contest winner

Thank you to everyone who participated in the Basic Caption Contest!

The winning submission is from

Melissa J, Maryland, USA

Service: The silent gift of a spiritual program.



And some other notable entries:

Our recovery is expressed through selfless service.

Antonio B, São Paulo, Brazil

• • •

Dreams fulfilled the NA way.

James S, Nebraska, USA

• • •

A message of hope; a promise of freedom.

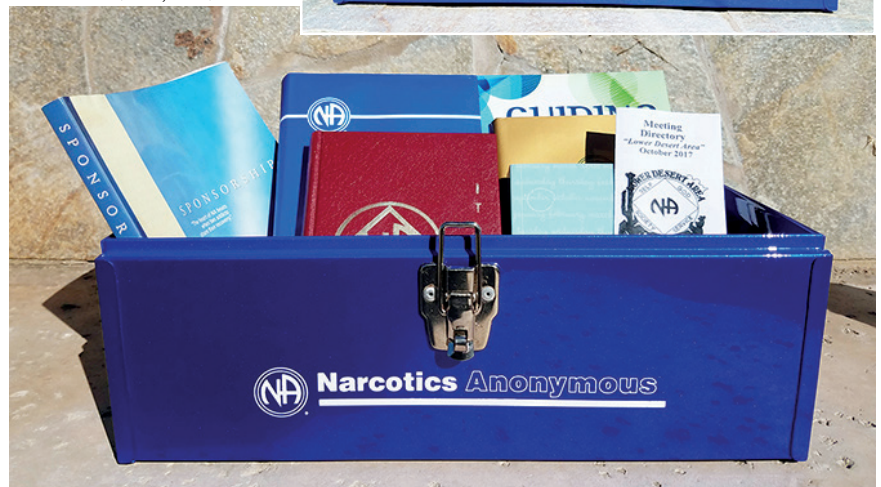
Ben H, Oregon, USA

The next BCC

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

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

Photos: Art M, California, USA



A moment of silence

Many of us believe it was the prayers of our loved ones, family, and friends that eventually brought our broken souls to the rooms of Narcotics Anonymous. Many of us have no idea how we arrived here to hear the lifesaving message.

As for myself, by the time I arrived there was no one left to pray for me. I had no friends except the acquaintances I'd established in the streets while getting, using, and finding ways and means to get more. I hadn't seen or spoken to my family in more than a decade. Their lives continued, and if they thought of me at all, it was to wonder when the knock on the door or the telephone call would come to tell them of my death.

Addicts got me here. My life was saved in that moment of silence at the end of the meeting, when we lock together and NA members' energy and prayers to Higher Powers of many diverse understandings enter the cosmos. That moment, to me, has such special significance. I cover my face and I picture the alleys and the backs of dumpsters where I spent a majority of my time over a 23-year period. I picture faceless addicts and a healing ray touching them.

Today I am irritated when I see this important aspect of our meetings being neglected. It seems, so often, that everyone is in such a hurry: get up, pray, get out. That moment has become a mere three seconds—and is not always silent. Where is the gratitude for our predecessors and the time they spent to pray us into NA? Where is the compassion for those still wandering in dark places?

I want a full 15 seconds of silence—real silence. My gratitude speaks when I carry this message to addicts in my area and around the world. Our moment of silence saves lives. I know, because without a doubt, it saved mine.

Debra R, California, USA



Her name was Bev

I'm Brian and I'm an addict from Niagara Falls, Canada. I am grateful beyond words for the Fellowship of Narcotics Anonymous. One of the countless gifts I've received through NA is the relationship I've developed with the God of my understanding. I believe my spiritual journey began when I started praying every day as a newcomer. Daily prayer was suggested by other NA members, and I was willing to do anything to stay clean, so I prayed. It felt robotic and empty at first, but over time those prayers started to feel more meaningful. When I had a few months clean, my Higher Power told me that I was on the right path by showing me spiritual "coincidences."

I had about six months clean and I was at a candlelight meeting. For some reason, at candlelight meetings addicts tend to "dump" all their problems on the table. At that point in my recovery, I was not interested in your problems; I wanted to hear solutions!

I thought to myself, "Take up your problems with your sponsor!" I was like a grumpy oldtimer with six months clean! Inevitably, a man started sharing about something depressing. I was so irritated that I was about to get up and go outside for a smoke, but just before I got up to leave, he started sharing about a woman named Bev, a member of the Fellowship who had recently passed away. I thought to myself, "Bev? Who's Bev?"

Then it hit me. I had met Bev once. We had a conversation about the importance of sitting through a meeting until the very end, and not getting up and leaving early. I recalled our conversation as I was about to get up and leave! It was as if Bev was saying to me, "Sit down. You're gonna listen to this guy share. You're not gonna leave until the meeting's over." For me, that was my first awe-inspiring spiritual experience.

My one-year medallion was another spiritually enlightening experience for me. It was an extremely fulfilling celebration of NA working in my life. My blood family and my NA family were meeting and mingling for the first time. Somebody had just happened to donate a fancy one-year medallion to my home group, so I didn't even have to buy one. Everything fell into place. The meeting was going well. There were tears and laughs, and the speaker rocked! And then my sponsor got up to present me with my medallion. He said, "Brian, this medallion was donated by a very special woman who's no longer with us. Her name was Bev."

Brian S, Ontario, Canada

Recovering addict

My name is Jay P, and I am a *recovering* addict. Yes, folks, a recovering addict. I choose to state it this way because repetition reinforces my thoughts and behaviors. Personally, I associate being an addict with helplessness, hopelessness, and unhappiness. While in active addiction, I *thought* like an addict, I *behaved* like an addict, and I *was* an addict. I could not lose the compulsive obsession to

use drugs at all costs, even if there were crazy consequences—sleeping outside, or going to sleep hungry, or even having to beg or fly a sign for money to get drugs. Regardless of any unpleasant situation or consequence, the single most important thing in my life was drugs—ingesting, injecting, or inhaling my way to what I thought was peace of mind but was really just total numbed indifference.

To me, the man who was doing those things was an addict. I am not that man anymore. That is why I am retraining my brain and changing my view of myself.

Something as simple as recognizing the fact that I am *recovering*, the fact that I am not using, I am growing, and I am getting better has drastically improved my self-esteem. By adding that one word—*recovering*—I have begun to break my identification with hopelessness. As a recovering addict, I am constantly gaining insight into what I can do to remain abstinent and treat my addiction. So many years of programming, both by society and myself, have not been easy to undo. I have to be consciously aware and remind myself to identify as a recovering addict. However, as time passes and I develop this new healthy habit, it is becoming easier and more subconscious to see myself as a *recovering* addict, and my life is so much better for it.

Jay P, Pennsylvania, USA

My purpose

When I was in active addiction, I rolled my pickup truck off the highway. I sustained a broken neck, first- to third-degree burns, severe head injuries, a dislocated shoulder, and several cuts and scrapes.

I spent three and a half months in hospital. The doctors told me that if my neck had broken one-half inch lower, I would have been a paraplegic. They were surprised my brain unscrambled (though some people still debate that, LOL). Never during that time did I say, "Thank god." Instead, it was, "Mike did it again."

Five months later, a friend of mine died in a bush plane that crashed. It got me thinking, "Why did I live and why did he die?" Days later, some people knocked



on my door hoping to share their religion with me, so I invited them in and asked them why I lived and my friend died. They gave me an answer. Their answer worked for them, but not for me. This thought stayed in my head and I continued to question why I lived.

I found the answer to my question when I was just over two years clean. The reason I didn't die in my crash was that my god had a plan for me. That plan was to share the joy of recovery.

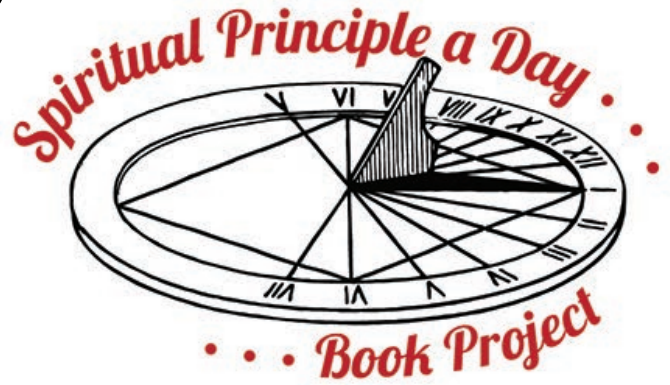
After I got clean, I went to university as a mature student to obtain my bachelor of education degree. I subsequently completed a student-teacher internship, and during that experience I was asked to discuss my journey with drugs, getting clean, and finding my faith for a class. It went very well.

The following summer, I was working for an organization that provides student support services to First Nation high school and postsecondary students. As I was going to the downtown office where I worked, I heard this voice from the crowd of students waiting for the bus: "Mr. B! Mr. B!" I stopped and turned around, and this fifteen-year-old girl walked toward me. I had no idea who she was. She explained that she had been in that class I had spoken to about my recovery experience. At that time of her life she had started to experiment with drugs. With the message I carried that day, she decided to stop and turn to her own faith.

It was now real. My purpose: to share the joy of recovery that "an addict, any addict, can stop using, lose the desire to use, and find a new way to live."

Mike B, Manitoba, Canada

Spiritual Principle a Day (SPAD) Book Project Update



We're compiling a new book! The 2018 World Service Conference approved a project plan for a book that explores a spiritual principle on each day of the year. According to a 2017 survey, members want to . . .

- hear the voices of fellow members;
- learn how others apply principles in their daily lives; and
- read about how living by spiritual principles shapes our experience.

We launched our effort to gather members' writing in August 2018 at the World Convention in Orlando, Florida. Since then, a Fellowship-wide effort has generously produced raw materials for the book. To date, we've received members' writing from 55 SPAD workshops held at every kind of NA event imaginable: service committee meetings, conventions, campouts, picnics, and retreats.

We know of many NA groups that are holding writing workshops before or after their meetings, and we applaud your enthusiasm and creativity! We're also grateful to be hearing from the many members who utilize the online forms and write on their own in the dead of night. Okay, we don't actually know *when* they're writing, but the point is that they *do*. And they do so without recognition, with

Writing on the inside

We are over the moon with excitement to learn about all the different ways that members are utilizing Spiritual Principle a Day (SPAD) materials to generate raw materials for the book project. We've heard from inmates in a North Carolina women's correctional center and from a federal prison in Arkansas in response to our request in *Reaching Out*. At two California correctional facilities, H&I panel leaders have been taking in SPAD materials so that incarcerated members can write and contribute. We are delighted to receive these submissions from our brothers and sisters behind the walls.

no social-media moments, just anonymously contributing to help create a piece of literature that's by addicts, for addicts.

By the time you read this, the 1 September deadline for offering input on the first batch of review drafts will have passed—but don't despair! In addition to more daily entries, we plan to circulate three more review and input (R&I) batches. The next one will include a draft of the book's preface and the complete list of principles we intend to address in the book. Look for that R&I release in early November 2019.

In the meantime, we're counting on you to keep submitting your writing! Visit www.na.org/spad to

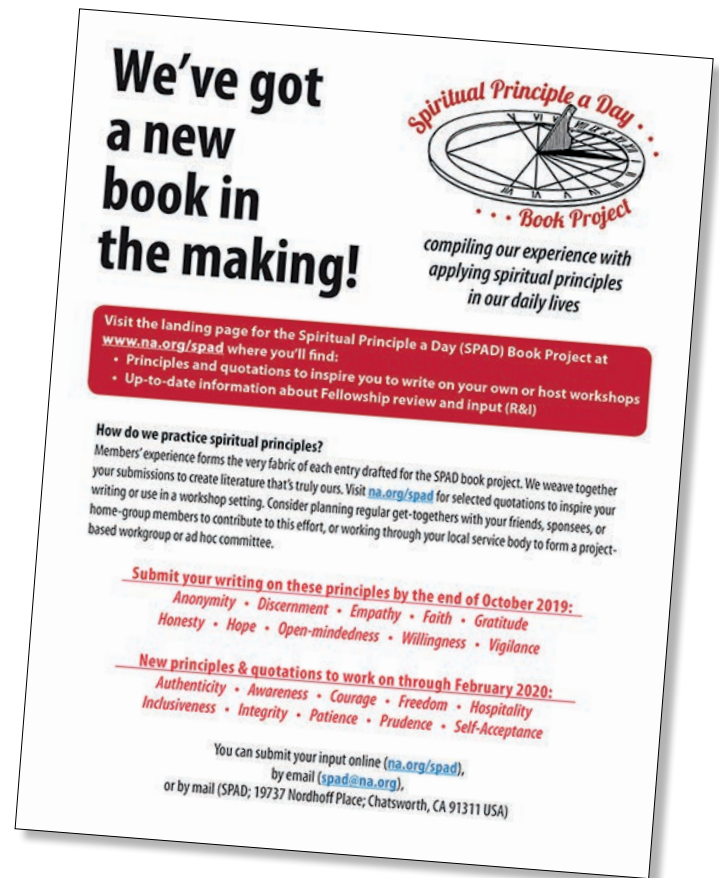
- check out the current list of principles and NA literature quotations to inspire your input;
- submit your writing from any connected device;
- download materials to facilitate a SPAD workshop.

We are grateful and humbled by all of your efforts. Thank you!

All Things Spiritual Group SPAD workshop

Greetings from Florida! This email is from the Unity Springs Area of Narcotics Anonymous (about 35 miles from where the 2018 World Convention was held in Orlando). We started a new meeting called All Things Spiritual on Saturday afternoons at 4:30 pm. We study one spiritual principle per week, using the NA literature quotations published on the Spiritual Principle a Day (SPAD) Project webpage (www.na.org/spad). We open the meeting with a few readings, and then we give a brief explanation of the SPAD project. After that, we begin reading the literature quotes, one at a time, allowing anyone who wishes to share on the quotes as they are read. We usually have time to do six.

This meeting format has allowed some of us in this area to explore active application of the principles, as well as to be exposed to some of the more recent literature. It also has provided a resurgence in the value of practicing the principles in all of our affairs. We thank you for that!



[Click for full-sized flyer to distribute](#)

We end the recovery meeting, take a short break, and then have a SPAD workshop. We have an average of six addicts each week writing material to contribute to the book project, usually on three or four different quotes. We ask if anyone has any questions or comments on the quotes already read, and then we read any that we didn't cover in the recovery meeting. We then have 20 minutes of silence, while we each write on the quote of our choosing. After writing, we each read what we've written out loud to the group.

It has been an awesome experience to watch people with low self-esteem grow into confident writers. We also see people bored with recovery in general, and meetings in particular, wake up to the knowledge that recovery can be fun and meetings don't always have to be a social pageant.

Finally, I take everyone's writing home with me and enter it in the online input form at www.na.org/spad. This whole experience has been a three-month process that has saved me from the depression that hovers over me. I really appreciate that NA has given me this gift, and that it has allowed other members to contribute, too.

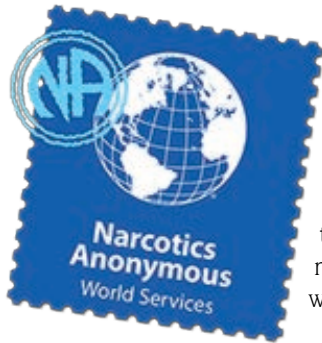
Ronda F, Florida, USA



PUBLIC RELATIONS

First NA PR Week

Ghana PR



Things are well in Ghana, and NA is still growing here. We could not meet face-to-face to observe PR Week, so we did it online. We had an open forum where members were allowed to ask any questions about PR. It was very interactive, and we had a facilitator manage all of the discussion.

One newcomer asked, "What is PR and how can we carry the message to members in institutions without having conflict with the authorities there?" The biggest challenge here in Ghana in doing PR is that most institutions, especially prisons, don't see addiction as a disease, but rather as a moral issue, and they don't understand why we should come and carry our message of hope to the inmates there. Because of this, we are trying to organize workshops and forums to inform and educate the facilitators and authorities of such institutions.

Another member asked about doing PR at local police stations, and another well-discussed point was how best to do PR without tarnishing NA's image. We took these and many other thoughts and suggestions to digest in our monthly regional meeting. We are happy with what we did for this year's PR Week, and we hope to organize activities for each day of PR Week next year.

Festus M, Ghana



Chesapeake & Potomac and Free State Regions, USA

Wisconsin Region and Badgerland Area

The Wisconsin Region is spread out geographically, so to have one PR Week event would be almost impossible. Our solution was to have the Wisconsin Region PR Subcommittee create and sell PR Week T-shirts that each area PR subcommittee could purchase to use in their own PR Week efforts. The T-shirt sales also generated some extra funds that we used to purchase 23 each of seven different IPs, which were given to the six participating areas to use in their PR efforts.

In my home area, we kicked off PR Week at the Badgerland Area picnic. We shared PR and Fellowship development information provided by NA World Services and we distributed about 100 informational flyers and posters to be displayed. We did "cold calls" for all the poster placements, and we thanked the people at every location. We placed flyers in an emergency room, where hospital staff actually removed some of their own postings to make room because they felt the NA information was so important. We also placed flyers in local franchise convenience stores because addicts often use in their bathrooms. One employee told us that addicts take the "sharps" containers off the wall to use the cast-off needles. The store personnel were so happy to have the posters put up and said they would ensure they remain up. It's difficult to determine how many people will see these posters, but it's one of the largest convenience store franchises in Wisconsin.



We also placed posters in local police stations and a county jail, and we have a list of all locations where they were placed so we can keep track of them for future placements. Most of the flyers were placed in smaller communities within the Badgerland Area because in larger cities we have signs in buses with the same information as the posters. These weren't part of the PR Week celebration, but I believe it's important to share that the bus signs funded by the Badgerland Area are in 50 buses in Madison for the months of January, February, and March. We also have eight bus signs in Janesville and six in Beloit; they stay up year-round. The company that we paid to put them up said if we don't mind, they don't want to take them down. So it's a concerted effort to let addicts know we exist and how to contact Narcotics Anonymous.

Mike R, Wisconsin Region PR Subcommittee

Semana de Relaciones Públicas
Del 3 al 9 de Junio/2019 Región Colombia
Talleres virtuales por zoom
TALLER DE IP - ÁREA DE CARTAGENA
3 Junio, 2019 - Hora: 11:00am
Bogotá
Unirse a la reunión Zoom
https://zoom.us/j/774818247
ID de reunión: 774 818 247

Instalar este programa **zoom** Conectarse 10 mnt antes

Cada día tiene un link diferente, se enviarán días antes de cada taller

Para mas información: **relacionespublicas@nacolombia.org**

Cartagena Area, Colombia

Inland Empire Foothills Area
1st Annual PR Week
PICNIC
Saturday June 8, 2019
11am - 2pm
Littlefield/Shultis Park
Shelter # 2
2525 W. Kendall Way,
San Bernardino, CA 92407

FREE EVENT

Multiple Speakers with 20+ clean time

Free Food

Raffle Tickets Available for Purchase

PR Committee is looking for Volunteers to Help at Event & Raffle Prize Donations
 Nikkei or Chris (909) 547-3525

Inland Empire Foothills ASC, California, USA

PR spark in Norway

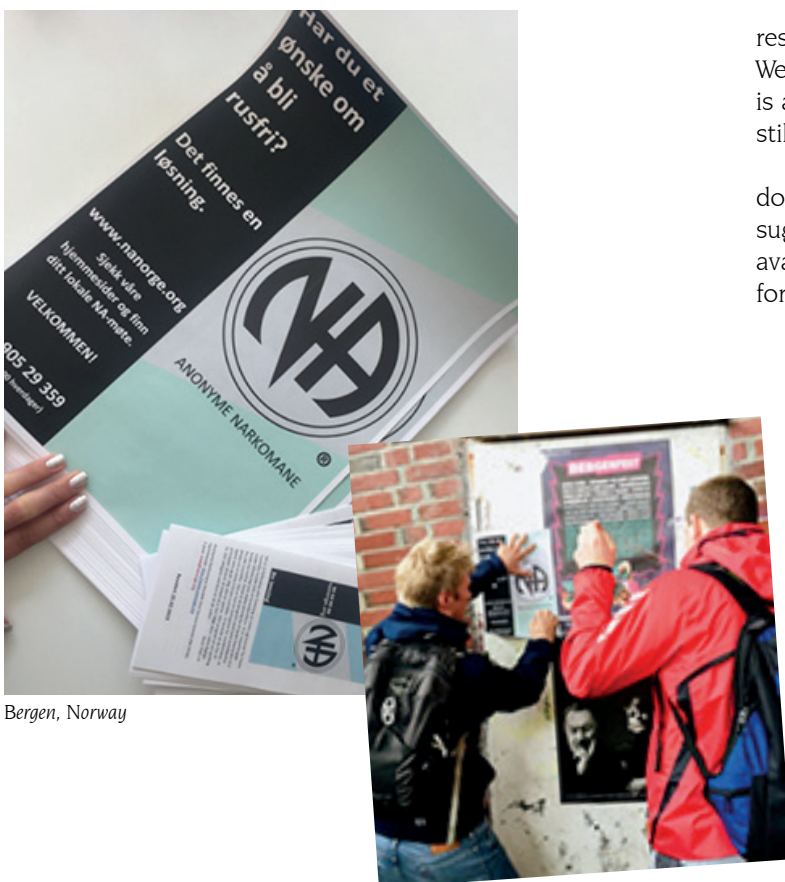
In Bergen, Norway, we grabbed this opportunity to unite our resources and efforts to reach out in new ways during NA PR Week. Although it is the second-biggest city in Norway, Bergen is a small city with a population of nearly 300,000. NA here is still young and quite small, but it is growing.

We began by inviting members to brainstorm: What can we do and where should we start? There were loads of splendid suggestions to make our Fellowship more known, visible, and available. When 3 June finally came, we were more than ready for these activities:

- Donated literature to our public library.
- Placed an ad in the local newspaper (the third-largest printed newspaper in Norway).
- Distributed flyers throughout the city.
- Placed "pharmacy cards" and flyers in the biggest hospital in the country.
- Donated literature to a local prison library.

We learned so much, and we were really inspired by other PR efforts around the world. PR Week gave us all a spark. There was an amazing spirit of unity in preparing and carrying out the activities and in completing some of our goals to reach the addict who still suffers. It was truly a fun, giving, and grateful task to carry the message in new ways. Thank you all for making PR Week happen for the first time in June 2019!

Mie M, Rune K, Susanne F, and Rolf L
 Bergen, Norway



Bergen, Norway

Philippines Region

All three areas of the Philippines Region celebrated PR Week. The Luzon and Visayas Areas did presentations at jails and in communities and barangays to introduce NA. They also put banners and posters at government offices, schools, and village/subdivision entrance gates. The Visayas Area also conducted a learning day for newcomers. The Mindanao Area placed posters at hotel front desks, drugstores, streets, churches, and government offices, and they are planning more PR activity during NA Unity Day weekend.

I am truly honored that our NA community is so active. We help each other and realize that it's the disease of addiction that kills addicts. NA in the Philippines is getting bigger, and we are saving lives. NA is becoming known as a viable solution to addiction.

Jimmy C, Philippines



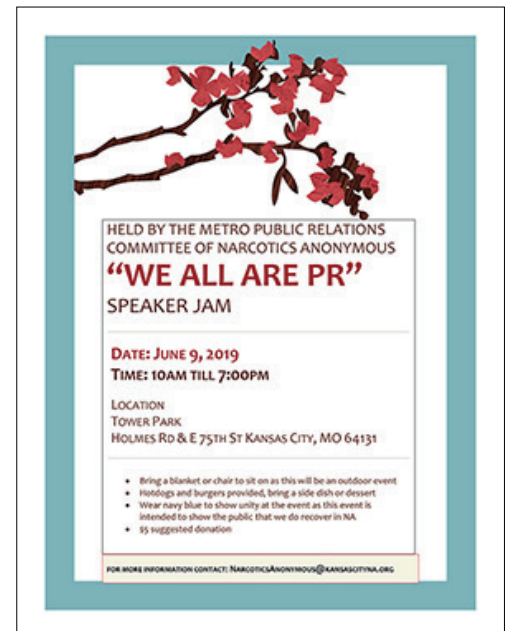
Philippines Region

Chicagoland walk/run & service carnival

The Chicagoland Region Public Relations Subcommittee kicked off its first PR Week with a "5K 4 NA" walk/run, followed by a barbecue, and topped off with a service carnival! We held our event at a local forest preserve with a beautiful wooded walking path. The BBQ and service carnival were held in a covered pavilion at the forest preserve.

We taught our members how to do various types of PR service. We explained how to set up and serve in a PR booth; the basics of H&I service in our facilities, including jails; guidelines for participating in writing-behind-the-walls service; how to answer phonline calls; and how to conduct poster drives—and, of course, we talked about enjoying and growing from giving back what was so freely given to us! We asked each of our 14 areas to do at least one event to celebrate PR Week. A lot of our areas and individual groups chose to do book and poster drives, and another area did a newcomer speaker event. We are grateful to be of loving service!

Laura M, Chicagoland Region PR Subcommittee



Kansas City Metro, Missouri, USA

PR events in Athens

Much love from Athens, Greece, dear fellows! We had two main activities in Athens during PR Week. The first was on Thursday, 6 June, from 9:00 am until 7:00 pm near the Varvakios Central Market. The second one took place on Saturday, 8 June, from 8:00 am until 11:00 pm during Pride Festival at Syntagma Square, opposite the Greek Parliament. At both locations, we had a booth where we provided NA literature and information. Both had success, especially the one at Pride, which was our first-ever presence there.

George A, Athens, Greece



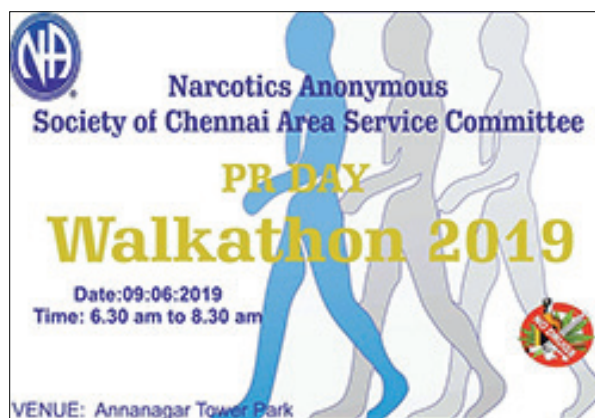
Arkansas Region, USA



Athens, Greece Region



Thessaloniki, Greece Region



Chennai Area Service Committee, India



Verde and Lopoldina Area Service Committees, Brazil



SERVICE CENTER

Web meetings

Q: Do you want to...

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

A: Participate in ongoing web meetings hosted by NA World Services. Join in to exchange innovative ideas and solutions for many NA service efforts by sharing your challenges, ideas, and successes. Visit www.na.org/webinar for more information and info on how to participate. We need your ideas and input!

Ongoing webinars

- Inmate Step Writing: November focus on Step Writing Behind the Walls Basics; join this discussion and share your input at handi@na.org
- Local Service Toolbox: Results include CBDM Basics and Serving NA in Rural and Isolated Communities; GSR Basics is in the works. www.na.org/toolbox
- Conventions and Events: Contracts and Negotiations available for review through 15 October. Upcoming topics: committee structure, safety and security, merchandise, site selection, and more. www.na.org/conventions



Issue Discussion Topics

IDTs are subjects discussed by members in NA communities around the world to encourage deeper thinking about topics affecting our Fellowship. Your IDT conversations can also help build unity within groups and service bodies. Shape Fellowship-wide resources and services by sharing your discussion results with the World Board (worldboard@na.org). Visit www.na.org/idt for workshop outlines, PowerPoint presentations, handouts, and other materials for IDT discussions or workshops on the 2018–2020 IDTs:

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

www.na.org/idt

2020 World Service Conference

26 April–2 May, 2020
Woodland Hills, California

Stay current with everything about the World Service Conference. Updated regularly with deadlines, surveys, documents, and projects.

www.na.org/conference

Spiritual Principle a Day Book Project

The first review and input deadline was 1 September, and we want to thank all who helped by sending your feedback. This is the way we write NA literature by addicts, for addicts! Watch for more R&I drafts in upcoming months.

In the meantime, we still need your experience on living with spiritual principles, especially on the current list of principles and literature quotes posted at www.na.org/spad, where you can submit your writing from any connected device and download materials to facilitate a SPAD workshop.



Mental Health/Mental Illness Informational Pamphlet

We sincerely thank all members who submitted material and participated in the review and input process for this IP. The approval draft will be in the 2020 *Conference Agenda Report* for Fellowship-wide review. For background information, please visit www.na.org/mhmi.

Special Days in NA

NA's annual "special days" are entering their second year with the [Second Annual Sponsorship Day](#) on 1 December 2019. How will you celebrate Sponsorship Day?

- Read from the *Sponsorship* book in your meetings, with your sponsorship "family," or at a special gathering of NA friends.
- Focus a speaker jam or speaker meeting on sponsorship.
- Hold a sponsor/sponsee event.

We would love to hear your ideas and successes celebrating Sponsorship Day: worldboard@na.org.



Go to www.na.org/nawsevents or click [here](#) for flyer

ECCNA 35: The making of a convention

First ECCNA in a tent

Although 2019 marks NA's 30th year in Switzerland, four years ago much of the public and even most professionals in the addiction treatment field had never heard of us. We did not form our own national region in [Switzerland](#) until 2012, before which the French speakers had been part of the [France Region](#), German speakers part of the [German-Speaking Region](#), and Italian speakers part of the [Italy Region](#). With the inauguration of our Swiss Region, we also formed a national public relations subcommittee with the main goal of making NA better known in Switzerland. It was in this committee nearly four years ago that we first discussed hosting the European Conference and Convention of NA (ECCNA) in Switzerland to help make NA better known here. We didn't want to hold our convention somewhere in a conference center outside of town, because we thought we would never reach the public that way. The very first meetings involved the idea of a tent in Platzspitz Park, once known as the biggest open-air drug scene in Europe.

The PR subcommittee started a workgroup to determine whether ECCNA would be possible in Switzerland, since we are not a big region. When we decided it was possible, we asked all the groups if they supported the idea, and we received overwhelming support at our next regional assembly in May 2016, where we elected the first members of a committee to prepare a bid to submit to the [European Delegates Meeting](#) (EDM).

Because of the location, the bid itself required a lot of work. We needed a permit from the city for an event in the park, where in recent years they had only allowed two other events. The mayor supported us and we got a letter from her welcoming us to Zurich in case we should win the bid. We also initiated collaboration with the organizations surrounding the

park, such as the National Museum and the major youth culture house, for more rooms and space, and we got offers for a tent. We organized a very affordable 49-euro package, including two nights' stay and registration, since Switzerland is an expensive country and we wanted to make it possible for everyone to come. Finally, we compiled a budget and everything necessary for the bid presentation, including a short video and a handout.

We were not sure whether Switzerland had any chance with the delegates. Some other regions with good bids had not been chosen in the past, and ours is not a typical resort or beach location, after all, which we thought they would prefer. Nevertheless, we prepared our bid for the 2016 summer EDM in Paris—but they would not let us present it, as there were still three years to go before the event. It was decided that we could present the bid in Kiev at the 2017 winter EDM, so that every other region also had a chance to present a bid. As it turned out, ours was the only bid in Kiev, so we succeeded: The event would take place in Zurich in the summer of 2019!





FELLOWSHIP DEVELOPMENT

Organizing an event on this scale

We had experience putting on smaller conventions, but nothing of this scale, so we studied the ECCNA Guidelines and met online with addicts who had previously organized the ECCNA. The guidelines recommend working with an organizing committee and many (at least ten) subcommittees, so we tried to involve many more members. Two years before the event, we rented a big room to bring together members to explain the various subcommittees, elect co-coordinators, and have members register for subcommittees. About 60 members attended. We tried to elect two co-coordinators for each subcommittee, which turned out to be very helpful, as many members were not able to keep a two-year commitment. It seemed like a good idea to involve many more members in the organizing process. The subcommittees started their work.

The executive committee held monthly online meetings that year; we met in plenum only twice more. In the year before the convention we held an organization committee meeting every month, with all the members of the executive committee and at least one member from each subcommittee. At these monthly meetings each subcommittee would give a quick update and then we would usually discuss a few topics in detail, such as the program, food prices, and merchandise. All important decisions were made by consensus-based decision making (CBDMM), which was very helpful since, compared to our other service meetings, we really had to make a lot of decisions.

Many of the big issues we had to solve were related to the special location. We had to get a permit from the city, which is difficult, not to mention for three whole days. The city gardeners had to agree to our erecting a tent in one of their most beautiful parks; we would have to completely mount and dismantle the entire infrastructure (the tent would require lightning protection, for instance, which would mean drilling in the grass, which they didn't allow in the first place). We also had to cooperate with the National Museum and the youth culture house to get additional rooms, and especially with another festival held on the grounds, which provided us with two tents and our toilets. The technical infrastructure, which we supplied entirely ourselves, was similarly a challenge. For instance, since our tent



had space for only 600 people, we organized a live video link to the courtyard and auditorium.

Along the way, many members experienced periods of great anxiety, and many co-coordinators stopped showing up or left their positions. It was very important for us that we always had a handful of members who believed the event would turn out well and who tried to motivate and support all the others in this endeavor.

It worked: how and why

For us the event began on Wednesday, as we started to mount the infrastructure. On Thursday more than 20 members put up the big tent, and by late evening all the technical infrastructure and the video link were in operation. From then on, we had to secure the tent around the clock, which also meant that some members slept there overnight.

We had close to 900 members pre-registered, plus 100 registrations by professionals. We were expecting somewhere between 1,200 and 1,700 visitors, and in the end we had 1,400 registrations from more than 50 countries. Our registration booth was very efficiently organized, and there were never long queues. At 10:00 on Friday morning, we opened the doors and members started to arrive. The registration booth also sold the "food & drink card" with which you could get a variety of food and beverages. This



was very popular, and we sold out every evening. Next to registration was the merchandise area where we sold out most products, with just some towels and hoodies left over. We also had an information desk providing assistance and emergency care.

As the event was in a park, the weather was very important—and it was perfect: not too cold, not too hot. The sun was shining, so many members enjoyed jumping from a nearby low pedestrian bridge into the river next to the convention grounds.

We had three meeting rooms and a marathon meeting running constantly. On the main day, Saturday, we had meetings running continuously, most of them one-hour workshops with two speakers; the main speaker meeting each day ran for an hour and a half. Saturday evening we had a cleantime countdown, and Sunday featured country recognition. We saw to it that our main meetings were not too long and started on time, which meant that practically all members remained for the duration. The younger members in NA YAIR organized a workshop on Friday afternoon and two meetings especially for younger members, and they selected a main speaker for the Friday main meeting. We hoped that this would really integrate them into the convention and avoid having only older speakers with decades of experience in the main meetings.

Most meetings were in English, and all the meetings in the main tent were interpreted in many languages. The main meeting on Saturday was interpreted in six different languages simultaneously. We used a combination of a very simple smartphone translation solution (no login, no app needed) and the 120 hardware devices the Swiss Region owns.

At 5:00 on Saturday evening, we had a meeting with the title "How I Left Platzspitz." This had once been the biggest



open drug scene in Europe, and quite a few of our members had memories of the location. I think many of them were able to create new memories over the weekend. One member said, "Just going back to that place and feeling the love and healing on a beautiful summer's day will alter people and the way they look back on their own history . . . and their memory might not be filled with just the fear and darkness from before, but it might be filled with some of the warmth and love."

Saturday we had a fantastic party with a wonderful live band and several DJs, where members young and old danced the night away. Early the next morning we offered yoga and meditation sessions in the park. Sunday afternoon at 3:00, we closed down and cleaned up the location, and on Monday we tore down the main tent. By Monday evening, everything was back to normal.

PR efforts reach one million-plus residents of Switzerland

We also created a PR subcommittee for the ECCNA in Zurich, whose work was eventually taken over by the regional PR subcommittee. Our recommendation would be to use the regional PR subcommittee for this work if you already have one (this was also the recommendation of other regions before the event). The PR work, after all, doesn't begin only with the event, and it does not end with it, either!

To attract NA members inside the Fellowship we made a short trailer film, which we had first showed at the previous year's ECCNA. We printed red shirts with our logo and had 40 people wear them at the ECCNA in Poland. We also created a secret Facebook group. Pre-registration opened following the closing meeting of ECCNA in Poland.

There was no opportunity to show our movie at the NA World Convention in Orlando in 2018, but we did our best to share information with as many WCNA attendees as possible. Our contact person with the EDM who shared as a speaker on Friday night at WCNA provided information about the event and gave away some shirts. We also wore our ECCNA 35 shirts in Orlando and gave out a few thousand flyers. After WCNA we sent hundreds of messages through the WCNA app to members. And, of course, we also published the event in the online calendar at www.na.org/events and in *The NA Way Magazine*.

We also organized a special ECCNA event for professionals on Friday afternoon. This event had three parts: a presentation by an expert on how professional addiction help and self-help can work together; the NA presentation we usually give to professionals; and an invitation to a meeting at the convention. We collected many emails and sent out over one thousand invitations by email, and ended up with more than 100 participants at the event, which we believe was a great success.

We tried to involve the media by using contacts we already had, along with some members who work in the field. This led to the making of an hour-long documentary, which was aired on Swiss national TV about two months before the event, and two big articles before the event; one, in the country's popular newspaper, bore the headline "Addicts Return to Platzspitz."

In the weeks before the event we sent out emails to various news stations, and a talented member called many newspapers and invited them to feature ECCNA in their publications. This was a huge success, with a three-minute report about us in the main national news and also more than ten articles, interviews, and so on in various newspapers and on TV and radio shows. We thus reached over one million residents of Switzerland during the event.

Service, solutions, and deep gratitude

For me, organizing such an event had a steep learning curve, and I got to know many members in new ways. Service has always been part of my recovery, and many friendships started there. The event gave many members in Switzerland an opportunity to perform service in a new way. Many of us could use experience and skills from other areas, and I believe this strengthened our NA community enormously. Following the Traditions and using consensus as a form of decision making helped us avoid major disputes at the meetings and kept members involved even if they didn't particularly agree to a decision. Most evenings after organization committee meetings, I would feel deeply grateful for my life in recovery and very proud of our Fellowship.

After we had solved some infrastructure issues over a year ago, I was very confident that the event would be wonderful, as this park is a great location and provides a special place for fellowship. But in the end, the convention surpassed my wildest dreams. Many members said the weekend had been very special, some found it very significant, and others thought it was one of the best conventions they had ever attended. Over the whole weekend I was extraordinarily happy and grateful and very impressed by the service of so many NA members. Special thanks are due to all who performed service during the event. We believe that we reached our goal and that Narcotics Anonymous is now much better known in Switzerland, among both professionals and the general public. All 1,400 participants showed the Swiss public that recovery is possible, and we hope that this event will help some suffering addicts find their way to us.

Philipp K for the Organization Committee of ECCNA 35, Zurich, Switzerland

匿名戒毒会:

The Chinese Basic Text

After many years of dedicated service, translation of the Basic Text in Chinese is complete. In May 2019, NA World Services traveled to Beijing, China, to attend the International Federation of Non-Governmental Organizations (IFNGO). At that conference, 200 Chinese Basic Texts were distributed to professionals from throughout mainland China. Several of these professionals inquired about starting NA meetings. With the Chinese Basic Text in hand, NA members from Beijing and Shanghai are planning to develop cooperative relationships with professionals at treatment centers as part of a plan to grow and strengthen NA in China.



Afrikaans Basiese Teks: The Afrikaans Basic Text

30 March 2019 was the date to celebrate availability of the Afrikaans Basic Text. The Johannesburg Area coordinated a launch event that included a full day of meetings, a workshop for the Spiritual Principle a Day book, music, and—of course—fun and fellowship. Members gathered in Bruma, a suburb of Johannesburg, to close out the summer and welcome their new book.





PICTURE THIS

NA communities are invited to send photographs of their meeting places and events. Sorry, we cannot use photos that identify NA members. Please tell us the group/event name, location, how long it has been in existence, format or special traditions, and what makes it a unique part of your NA community. Please send submissions to naway@na.org.



First Turkey NA group

The first meeting of the Action Group of Istanbul was held on 6 October 1993. That date is the start of NA in Turkey. It is the oldest group. We have changed locations several times during these 26 years. The faces have also changed, except for a couple of longtime members from the early days. Our membership is getting younger and younger as the group gets older. I started on my recovery journey in this group. I changed home groups during the course of my recovery and served and supported several newer groups; however, a couple of years ago, I moved back to my original home group, the Action Group. It was awkward fitting back in at first, but at one point I decided to clean the toilet, and it worked: I belonged! I love my home group. You can find us on our meeting list at www.na-turkiye.org. When you are in Istanbul, come and visit us at the Action Group in the Taksim district. We keep what we have by giving it away...

Betul B, Istanbul, Turkey

Second Annual NA

Sponsorship Day

Sunday, 1 December 2019



How will you celebrate Sponsorship Day?

- Read from the *Sponsorship* book in meetings, with sponsorship “family,” or with NA friends
- Speaker jam or speaker meeting on sponsorship
- Hold a sponsor/sponsee event



Please share your
Sponsorship Day ideas
and successes: worldboard@na.org



Sponsorship Day
medallions coming soon!



CALENDAR

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

Barbados

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

Brazil

Goiás 7-10 Nov; Convenção da Região Brasil 21; Hotel Pousada dos Pireneus Resort, Pirenópolis; <https://convencaoregiaobrasil.com.br/>

Ceará 15-17 Nov; First Arco-Iris Convention; Hotel Porto Futuro, Fortaleza; event info: sydeam@yahoo.com.br; write: Praia Area/Nordeste Region; Rua Tabajaras, 616; Praia de Iracema

India

Jodhpur 9-11 Jan; Indian Regional Convention 10; Hotel Rajputana Palace, Jodhpur; <https://naindia.in/>

Portugal

Estoril 23-24 Nov; Linha Area Convention 24; Auditorio Sra Boa Nova, Estoril; <https://www.xxivcanlna.pt/>

United States

California 20-22 Dec; San Diego/Imperial Counties Regional Convention 34; Manchester Grand Hyatt, San Diego; <https://sdcrcna.myshopify.com/>

(2) 17-19 Jan; Monterey Bay Area Convention 8; Monterey Conference Center, Monterey; <http://mbcna.org>

Connecticut 3-5 Jan; Connecticut Regional Convention 35; Mystic Marriott Hotel & Spa, Groton; <http://www.ctnac.org/>

Florida 8-11 Nov; Serenity in the Forest 3; Orange Springs Retreat Center, Orange Springs; <https://forestarea1.wixsite.com/spiritualretreat>

(2) 8-10 Nov; South Florida Regional Convention 24; Marriott Harbor Beach Resort, Fort Lauderdale; <https://sfrca.com/>

(3) 7-12 Dec; Chicagoland Region Cruising Not Using 2; Carnival Cruise Line, Miami; <http://www.chicagona.org/>

Illinois 8-10 Nov; Greater Illinois Regional Convention 23; Decatur Conference Center & Hotel, Decatur; <https://centralillinoisna.org/>

(2) 7-12 Dec; Chicagoland Region Cruising Not Using 2; Carnival Cruise Line, Miami; <http://www.chicagona.org/>

(3) 2-5 Jan; Chicago Regional Convention 32; Hyatt Regency McCormick, Chicago; <https://www.crcofna.org/>

Louisiana 8-10 Nov; Camp Recovery; Lake Bistineau State Park, Doyline; <https://nlana.net/camp-recovery/>

Massachusetts 10-12 Jan; Boston Area Convention 19; Boston Park Plaza Hotel, Boston; <https://nera.org/calendar/>

Missouri 22-24 Nov; Saint Louis Area Convention 10; Sheraton Westport Chalet Hotel, Saint Louis; <https://www.slacna.org/>

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

New York 22-24 Nov; Westchester Area Convention 3; Crowne Plaza Downtown, White Plains; <https://waccna.org/>

Ohio 29 Nov-1 Dec; Unity Weekend 6; Quality Hotel & Conference Center, Blue Ash; <https://www.nacincinnati.com/>

(2) 3-5 Jan; Central Ohio Area Convention 28; Renaissance Downtown, Columbus; <https://centralohionarcoticsanonymous.org>

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

(2) 29 Nov-1 Dec; Serenity Fellowship Reunion 4; Seamist Resort, Myrtle Beach; write: New Beginnings Group; 2501 Clark Avenue; Raleigh, NC 27607

Tennessee 28 Nov-1 Dec; Volunteer Regional Convention 37; Chattanooga Marriott, Chattanooga; <https://www.vrcna.org/>

Virginia 10-12 Jan; Virginia Regional Convention 38; DoubleTree, Virginia Beach; <http://www.avcna.org/index.html>

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

Products Coming Soon

Arabic

It Works: How & Why

إنه ينجح

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

Lithuanian

It Works: How & Why

Tai veikia: kaip ir kodėl?

Item No. LT1140 Price US \$9.55/8.40 €

Latvian

NA Step Working Guides

Vadlīnijas darbam ar Soļiem

Item No. LV1400 Price US \$9.00/7.95 €

Russian

Basic Text (Sixth Edition)

Анонимных Наркоманов

Item No. RU1101 Price US \$12.15/10.50 €

eLit

now published

*Guiding Principles:
The Spirit of Our
Traditions*

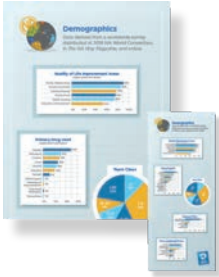
Hungarian Basic Text

Amazon • Barnes & Noble
Google Play • iTunes

www.na.org/elit



NAWS Product Update



Demographics poster

2018 Membership Survey
full-color vinyl poster (35" x 80")
to be used with I-stand frame.
Item No. 9092 Price US \$35.00/27.90 €

Spanish

NA: A Resource in Your Community
NA: un recurso en su comunidad
(versión de 2018)

Item No. SP1604 Price US \$0.42/0.36 €

Restocked due to
popular demand!



I SERVE lapel pin We All Are PR note cube

Item No. 9600 • Price US \$5.00/4.45 €
Item No. 9601 • Price US \$5.50/4.90 €



Swedish

IP #13: *Av unga beroende,
för unga beroende*

Item No. SW3113 Price US \$0.33/0.28 €



Tamil

IP #7: *நான் அடிக்கீதானா?*

Item No. TA3107 Price US \$0.25/0.22 €

IP #11: *ஸ்பான்சர்ஷிப்*

Item No. TA3111 Price US \$0.25/0.22 €

Group Reading Cards (Set of 7 Cards)

Item No. TA9130 Price US \$4.90/4.50 €



Estonian

IP #16: *Uustulnukale*

Item No. ET3116 Price US \$0.25/0.22 €



Japanese

IP #29: *ナルコティクス アノニマス
ミーティングガイドブック*

Item No. JP3129 Price US \$0.25/0.22 €

Latvian

Basic Text (Fifth Edition)
Anonīmie Narkomāni

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



Translated PR Pamphlets

updated to 2018 Fellowship survey of approximately
28,495 NA members are now available

Membership Survey

Italian [IT] & Spanish [SP]

Item No. 2301 Price US \$0.32/0.29 €

Information about NA

Greek [GR], Italian [IT], Portuguese (Brazil) [PB],
& Spanish [SP]

Item No. 2302 Price US \$0.32/0.29 €

Portuguese (Brazil)

It Works: How & Why

Funciona: como e por quê

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

Russian

Russian Membership Survey

Опрос членов АН Россия

Membership survey based on responses
from Russian NA members

Available online only www.na.org/PR

