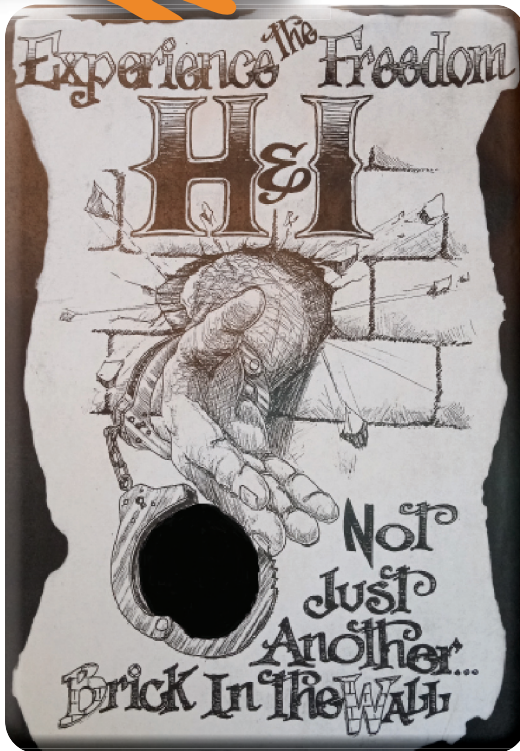


Reaching Out

January 2023



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“Yes, we are a vision of hope. We are examples of the program working. The joy that we have in living clean is an attraction to the addict who still suffers.”

Basic Text, “How It Works”

From the Editor

We would like to welcome all of you to the NA World Services newsletter, *Reaching Out*. We hope that the contents of this newsletter will assist you in your recovery or H&I efforts. There are three sections to *Reaching Out*. The first section, "From the Inside," is filled with letters from incarcerated addicts, sharing their experience, strength, and hope as they find and maintain recovery from addiction through NA.

The second section, "From the Outside," is an opportunity for Hospitals & Institutions subcommittees to offer their experiences obtained through carrying the NA message of recovery to addicts who are unable to attend regular meetings. You may also find personal experience from those members who heard the NA message on the inside and are now living and enjoying life on the outside.

The third and newest section, "Transitioning from the Inside to the Outside," features members sharing about successfully transitioning from treatment, a hospital, or an institution to living on the outside. We encourage submissions for *Reaching Out* from members and H&I subcommittees. Please consider that we are more likely to publish articles that focus on how NA has helped an individual to recover while incarcerated rather than those that concentrate on the horrors of drug use. Send all submissions to *Reaching Out*; NAWS, PO Box 9999; Van Nuys, CA 91409-9999; USA, or to fsmail@na.org.

**GET INVOLVED AND HELP US CARRY OUT OUR
FELLOWSHIP'S PRIMARY PURPOSE!!**

Our planned publication deadlines are as follows:

Issue	Deadline
April 2023	15 January 2023
July 2023	15 April 2023
October 2023	15 July 2023

And finally, did you know that electronic subscriptions to *Reaching Out* are free? New issues will be emailed to you four times a year. To sign up, visit www.na.org/reachingout.

From the Inside



Dear Reaching Out,

I was on the run when I first went to NA meetings. I decided to turn myself in because I realized I needed to commit and make a change in my life. By turning myself in, I surrendered to recovery and became willing to learn from my past and began to work an honest program of recovery.

I am currently serving a sentence in a state prison. I am working the Steps and attending NA meetings here in prison. As a result, I believe my time here is not being wasted. In prison my program of recovery continues, and I look forward to a life without active addiction, a life that's worth living. I am thankful to the NA program and living One Day at a Time.

RS, Arizona

Dear Reaching Out,

Today I want to share a principle that motivates me every day. This principle is Steadfastness. Steadfastness means to keep trying to do our best.

Each day I wake, I try to do my very best to reach out to as many people as I can and share the message of recovery, no matter what addiction they may suffer from. My daily message of hope and freedom from active addiction helps keep me clean. Yes, some are stubborn, but I never give up on them.

My daily effort is all about Tradition One and the unity of the NA members. I live each day never giving up hope that anyone can recover.

EC, California

From the Outside

Dear Reaching Out,

I am an addict named DR and I am finally out. I was in a meeting within hours on the night I got out, and have been to one every day since. Readjusting to the free world was difficult for several days, and I had my fair share of panic attacks, but I got through them.

I was locked up with a woman who had gotten out a couple of days after me. We ran into each other at the parole office. I was privileged to take her to her first meeting. The message was carried out, one more time. Thank you for the hope you brought me while I was incarcerated. Keep doing the good work. Free on the outside.

DR-L, California

Many NA members, groups, and communities design recovery-oriented H&I T-shirts. We believe that carrying the NA message of recovery is a creative act and art.



Please share your H&I T-shirt pictures with us! We would like to showcase your art. Handl@na.org



Transitioning from the Inside to the Outside

Dear Reaching Out,

Right at the beginning of the COVID-19 pandemic I was found suitable and released after a 23-year term that I didn't see myself coming home from.

At a time when one would be filled with joy, elation, and adventure, not to mention relief, I didn't have those feelings as much as I would have thought or wanted. My mind was filled with fear, uncertainty, and confusion.

Two officers drove me to the train station, bought me a ticket, and said here you go, good luck. It turned out my housing had changed, so I worked my way around town to three different locations before arriving at the correct one. I had a panic attack because of the crowds at the Walmart; I was overwhelmed. Being an addict from a very young age, I had tendencies in moments like these that I didn't want to visit.

As I have been told, when in doubt, hit a meeting. But how? Everything was shut down and I didn't know anyone outside, so I reached out to those I knew from my Friday meetings inside. They gave me hope because they created a Zoom meeting to help me and others who were getting out.

It's been a tough two and a half years since then, but I can say one of the highlights has been this program of NA. By working the Steps and being consistent with our Free Birds meeting, I have overcome times of struggle and uncertainty. Through honesty and forgiveness, I have rebuilt relationships with my family, all while rebuilding myself. Today I am a man with a career and his own car, in a solid relationship, and recently released from parole. Yeah, me. And while I have it all right now, I know at any moment it could all crumble if I didn't have this program and the Fellowship of Narcotics Anonymous.

PV, California

CALLING ALL H&I MEMBERS!

Please submit your story to the quarterly NA newsletter, *Reaching Out*. We are looking for recovering addicts, like you, to share their experience of finding recovery behind the walls and maintaining it on the outside. Your story carries a powerful message of hope for the incarcerated addict! Thank you.

Please send your story to:
Narcotics Anonymous World Services;
PO Box 9999; Van Nuys, CA 91409,
or to HandI@na.org.



Transitioning from the Inside to the Outside

Whether you left from a treatment center, jail, prison, hospital, or institution, you are moved from the “inside” to the “outside” to be drug-free, productive members of society. We think your experience may be invaluable to others as they embark upon their transition.

We are offering questions to help stimulate your thinking so that you may want to share your experience with us; we will publish your article in *Reaching Out* to help others.

1. What did you do on the first day of your release/discharge?
2. What steps did you take to help your recovery in the community? Do you think the transition steps are the same for addicts who are being released after 30 days or ten years?
3. What are some of the challenges you encountered when you reentered the community?
4. How did NA help you with information so that you were able to attend a meeting upon release/discharge?
5. How do you think NA may have been better able to help you in your transition, and do you have any suggestions to offer so NA may be better able to help others as they transition?

We look forward to reading your experience and providing this information to others. Thank you for helping us assist others in their transition.



“When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends—jails, institutions, or death—or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in man’s entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual—not religious—program, known as Narcotics Anonymous.”

Narcotics Anonymous, “We Do Recover”

Order Form

Reaching Out is a quarterly, recovery-oriented newsletter made available free of charge to incarcerated addicts through Narcotics Anonymous World Services. If you will be incarcerated for at least six more months and would like a free subscription to *Reaching Out*, complete and return the following form.

Reaching Out is also available in a printer-ready format, for free download at www.na.org/reachingout

Reaching Out is also available by a 20-copy bulk subscription at a cost of \$38.05 annually. If you are interested in purchasing a bulk subscription, please complete the following form and return it along with a check or money order.

- I am an incarcerated addict (and will be for at least six more months) and want a free subscription to *Reaching Out*.
- I want to purchase _____ 20-copy bulk subscriptions of *Reaching Out* @ \$38.05 each, total \$ _____.

Name _____

Identification Number _____

Facility Name _____

Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Reaching Out

c/o NA World Services, Inc. Ⓞ PO Box 9999 Ⓞ Van Nuys, CA 91409 Ⓞ USA
www.na.org/reachingout

ATTENTION INMATES

If you are relocating and your mailing address changes while you are incarcerated, please update your new address with us so that we can maintain your subscription to *Reaching Out*.