

Reaching Out

July 2023

Esperanza Area



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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
October 2023	15 July 2023
January 2024	15 October 2023
April 2024	15 January 2024

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,

My name is CM and I’m an addict. Some of my first memories are of begging my parents not to go out partying. They were addicts just like me. My first addiction was love; I couldn’t get enough. I went through life seeking food, sex, and attention. I could never get enough. I found drugs; they helped me with my overeating. I went to great lengths to maintain oblivion—lying, stealing, cheating. I sacrificed my security, integrity, and dignity just to stay high. I was hooked and no human power could help me.

I found recovery in my second term. In the NA rooms I found acceptance and love, something I’d been searching for my whole life—people who really do care. Today, I continue to surrender to this program with honesty, open-mindedness, and willingness. The payouts have been wonderful—I’m clean.

CM, Nebraska

Dear Reaching Out,

My name is SW and I’m an addict. I will have five years in June 2023. I wanted to share my experience with dealing with pain management. Thanks to NA I have been able to deal with cancer, prosthetics, spinal fusion, and loss of my eyesight. The truth is that I was walking blindly through life. Today I see clearly; by tapping, counting steps, letters, and bricks I am able to stay in the present.

I was able to complete the Step Working Guides and to become of use to my fellow addicts. I believe God has given me a gift to carry the message to others.

SW, Illinois



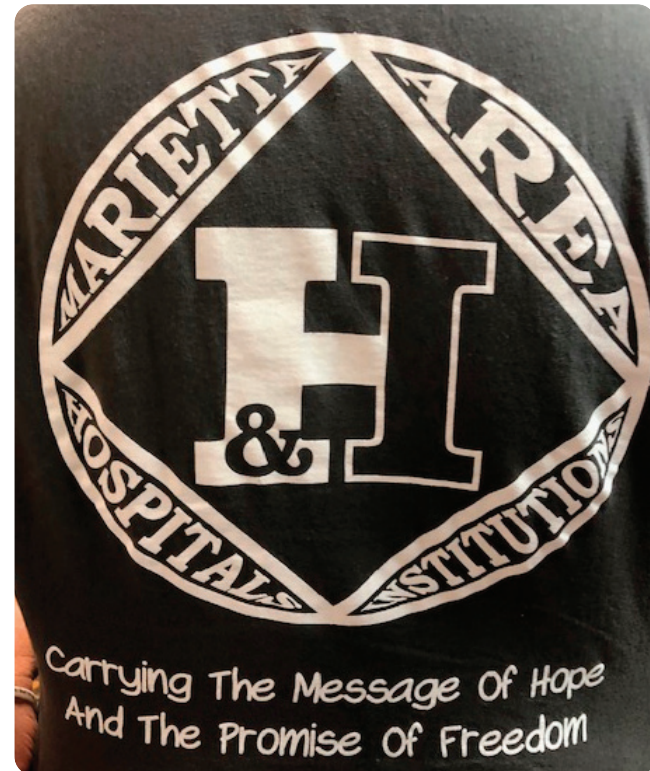
NA panel member

Dear Reaching Out,

I am an addict on the outside. I have been involved with H&I throughout my recovery at my sponsor's direction. At first it was time-consuming, and I didn't see the "spiritual benefits" my sponsor ranted about. Years later I understand that we have a lifesaving/-changing message that is truly a gift.

Out of the darkness we were given this gift; it is our mission to share it with others. This is our task, and what comes with it is a sense of purpose, value, and meaning in our lives. It is something you don't want to miss.

BS, California



Marietta Area T-shirt

Transitioning from the Inside to the Outside

Dear Reaching Out,

I've been home for seven months and my life looks much different now. I attend meetings regularly, have a home group, have found a sponsor, work the Steps, and am involved in service. In the meetings I get to hear the experience, strength, and hope from other addicts, which is instrumental to the hope I have today. Their stories touch my heart in a way I've never experienced before. There is so much of me in each and every one. There is absolutely no doubt I belong to the NA program. One of the biggest gifts I have from the NA program is the amount of love and support from others in the program. I'm no longer under the illusion that I have to do everything alone. I have so many people in my life who want to be there for the good, bad, and ugly. My hope would be to one day return to prison to give hope to those who are exactly where I once was, but this time be able to walk right out of those gates.

CC, Arizona

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.

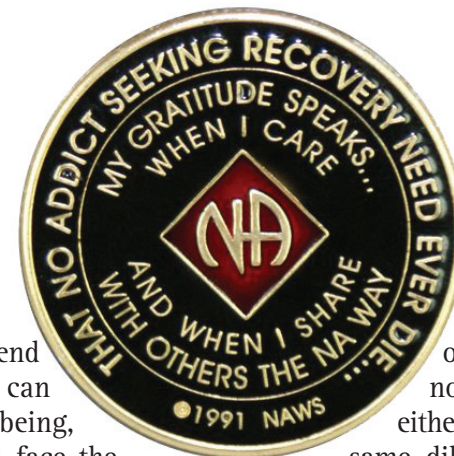
1. What did you do on the first day of your release/discharge?
2. What steps did you take to help your recovery in the community? Do you think the transition steps are the same for addicts who are being released after 30 days or ten years?
3. What are some of the challenges you encountered when you reentered 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.

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.



“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*.