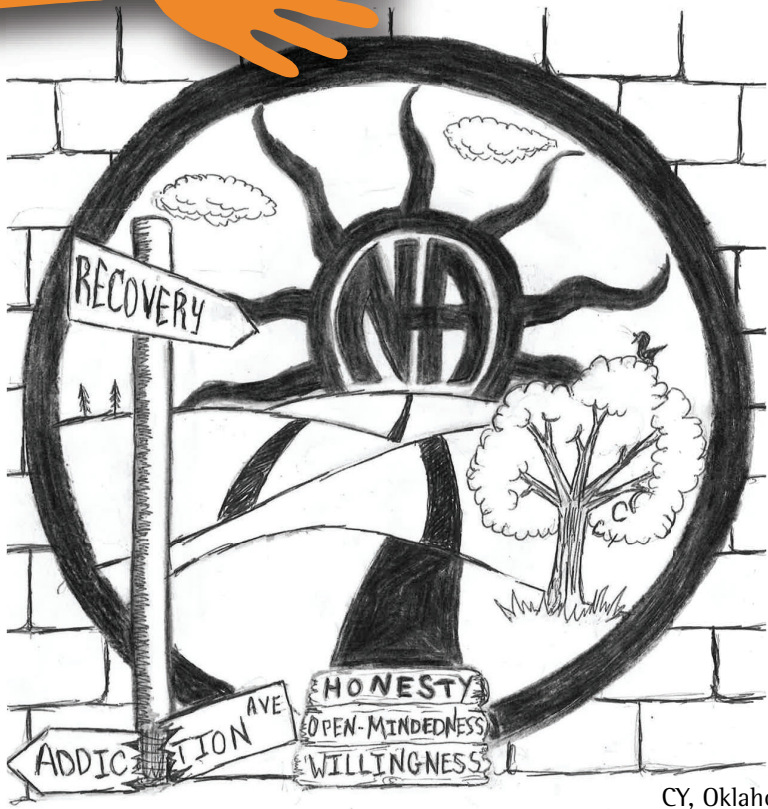


Reaching Out

October 2025



CY, Oklahoma, USA

Welcome	2
From the Inside	3
Transitioning	7
From the Outside	9
Order Form	12

"This is our road to spiritual growth. We change every day. We gradually and carefully pull ourselves out of the isolation and loneliness of addiction and into the mainstream of life..."

— Basic Text, "How It Works," Step Seven

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 handi@na.org

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

Our planned publication deadlines are as follows:

Issue	Deadline
January 2026	15 October 2025
April 2026	15 January 2026
July 2026	15 April 2026

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 CY, and I am an incarcerated addict in recovery. I started my recovery journey before I was arrested and was able to experience the fellowship of NA on the outside. Once I got behind the walls, I was overjoyed to find the only copy of the Basic Text in our pod library. That joy turned into sadness when I found out that there were, and still are, no Hospitals and Institutions volunteers visiting my holding facility.

After writing to NA World Services, I received several materials, including a copy of *Reaching Out*. Just reading the submissions from those who are behind the walls and still finding recovery gives me hope that, when I get to my home facility, I will find the same fellowship I had before I ended up inside. I also found experience, strength, and hope from the "Transitioning" and "From the Outside" sections. It helps me to know that the journey continues even after prison.

I now realize that recovery is not a destination, but the road we walk no matter where we are on our journey. Thank you, NA and *Reaching Out*, for the journey of a lifetime.

CY, Oklahoma, USA

Dear Reaching Out,

Greetings to my fellows in recovery! I'm writing to you from a correctional facility. This is day 5,232 spread out over the past 37 years! I have been dancing around NA since 1988. I always feel like I'm home, that I belong, and that I fit here. I'm just over six months clean, one day at a time. I wake up and can't wait to get plugged into my Higher Power. I can't allow hate, violence, and my vile disease to drive. Today, I ask for guidance and the opportunity to help some other poor, lost addicts find recovery. My Higher Power helps me be the best version of myself. I

love to be of assistance to anyone who's locked up in absolute darkness. My Higher Power is circling the jail, waiting for me to be sprung. There are three trap-houses between here and the recovery center. My Higher Power gave me the idea to contact the NA World Service Office, not for me as much, but for the newcomer! We need armor, and it comes from what our brother Jimmy K kicked off back in the day. We do recover!

DH, Vermont, USA

Dear Reaching Out,

My name is HO, and I am an addict. I first started using alcohol at my friend's house when I was about eleven years old. I chugged beer after beer until I was so drunk I blacked out. At age twelve, I started drinking liquor and stole marijuana from my brother. At 13, I was using bath salts. Once that was hard to find, I stole pharmaceuticals from my mother. At 16, I was using meth and was a full-blown addict. I started living outside and was very comfortable with it to the point where I considered it normal. All in all, I realized that masking my mental health with drugs wasn't helping. I didn't do anything to help myself until I had gotten in a lot of trouble and was allowed into a very structured self-help program that has helped me so tremendously that I'll be forever grateful. I now have two years clean from drugs and alcohol. Thank you for allowing me to tell my short story. I pray every day for others to find the love and support that I have found through Narcotics Anonymous.

HO, Missouri, USA

Dear Reaching Out,

I must say I am very grateful to have this program and a Higher Power working in my life today. I am halfway done with a 16½ year prison sentence. To look back and see where I started and where I'm at today, all I can say is "wow". Eight and a half years ago, I was a mess, but I thought I really had it all together. Boy,

was I wrong! The big payoff was a "life without parole" sentence. That's what it took for this addict to get it.

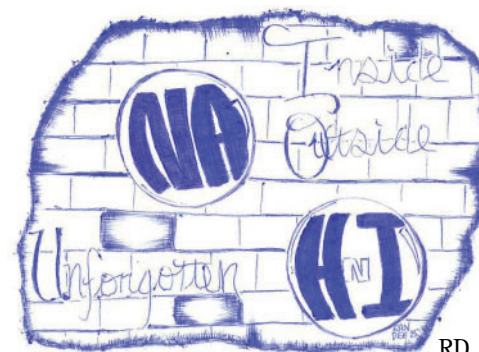
Once I decided to work the Steps and really take a good, honest look at myself and ask my Higher Power (which I choose to call God) for some help and direction, only then did my life start to get better. I won't lie and say it has been easy. I have had my ups and downs over the years, but I can honestly say the ups outweigh the downs these days.

Many doors have been opened since I have gotten clean. I went back to court and my sentence was overturned and today I have an out date. My son, who hasn't talked to me in over twelve years, has written to me, and we are working on rebuilding our relationship. I just became a grandfather to my first grandson. My daughter and I have a good, healthy relationship and many more small blessings that I owe all to this program.

By working the Twelve Steps of NA, I got to know myself. The Twelve Traditions have helped me to get along with other people and have healthy relationships with them. Today, I'm working to become a better person for myself and my family. I'm going to school and working on an apprenticeship, and I'm very grateful for everything that I have today. I owe it all to the program of NA. There is a better way of life, and that's the NA way. Special thanks to everyone who has written to *Reaching Out*. I have gotten something out of each of your stories.

MW, Washington, USA

Reprint from Issue #28 Volume 2



RD, Washington, USA

ART FROM THE ZSIDE

Please note! Thank you for your new art submissions! They keep us from having to reuse older images from previous Reaching Out issues. We are always in need of new artwork. It is a great way to be of service from the inside. If you like to draw, please consider creating something for future issues! Thank you.

Thank you...



KZ, Pennsylvania, USA



JS, California, USA

Transitioning from the Inside to the Outside

Dear Reaching Out,

My name is AK, and I am an addict. After serving my time, I was paroled to a correctional halfway house. With my release, I did what many addicts do with their "gate" money — rewarded myself with getting high. That initial high was my beginning to my end of a using lifestyle. I continued with that behavior of using for a couple of weeks; however, I was beginning to go overboard. My last high began innocently and proceeded to crimes throughout the night which nearly cost me my life. I recall looking up to the sky and thinking that I hadn't lived through everything that I did to die on the streets.

Needless to say, with my return to the halfway house, I knew I had violated every rule and most likely would be returned to prison to complete my sentence. However, my HP saw things differently for me. I was given the option of going to NA rather than returning to prison. I took the NA meeting option, which seemed like the lesser of two evils.

I will not say it was love in the beginning with NA meetings; I actually thought the state was playing another game on me. I kept going to NA meetings solely because I didn't want to return to prison. After about a month, my head began to clear, and I was able to listen. I recall that NA members said that I needed a sponsor, a home group, and to work the Steps because NA is a program of change. It seemed overwhelming to me. To be a "good" NA member, I decided to make a step-meeting my home group.

Through the process of early recovery from the halfway house, I had seen glimpses of the fact that recovery was an inside job. To help me be less self-centered, I was informed by my sponsor that I needed to be of service in NA. In my first 60 days, I became a secretary for an area. Actually, and more accurately, I was coerced into that commitment. I did stick with the commit-

ment and found that my reward was self-worth and self-esteem. I had something to offer whereas I had previously felt like the dregs of society.

After four months at the halfway house, I was paroled to society and continued my recovery. With over three decades clean, I find what I learned as I started my recovery and transitioned still holds true. I maintain regular NA meeting attendance, continue to have a sponsor and continue to work the steps, and I remain of service to the fellowship that saved my life and gave me a life worth living.

AK, California, USA

Reprint from Issue #26 Volume 3

INCARCERATED MEMBERS

Does your facility allow the use of tablets?
Did you know that NA has been adding free NA literature
to many tablets across the prison system?
Check and see if it is available where you are located,
and if not, ask your warden/social director to make
a request to get it added!

From the Outside

Dear Reaching Out,

I am a recovering addict who learned about H&I from a correctional facility back in 1992. I remember hearing this woman sharing and saying, “who told her all my business?” But it wasn’t my business, it was her story. I could relate because I had done many of the same things she had done, even though I thought that up until that moment I was the only one. She gave some suggestions for us before she closed: Go to a meeting the first day you get out, introduce yourself, and ask for numbers. Keep going even if your ass falls off — pick it up and keep coming back. I did exactly that, and since then I got discharged and became an H&I member for almost 15 years.

I went back into that same facility to carry this life-saving message of recovery. A few months before my 17th year of recovery, I chose to use again. It took me almost seven years to make it back to the rooms, and when I called the hotline, a woman who had heard my message in that facility came to pick me up and bring me back. It was amazing that the person I gave hope to was now positioned to return the gift. She has been my sponsor now for almost three years, and I am so grateful for H&I. I served, and now she is serving me.

Unknown

Reprint from Issue #28 Volume 2

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*.