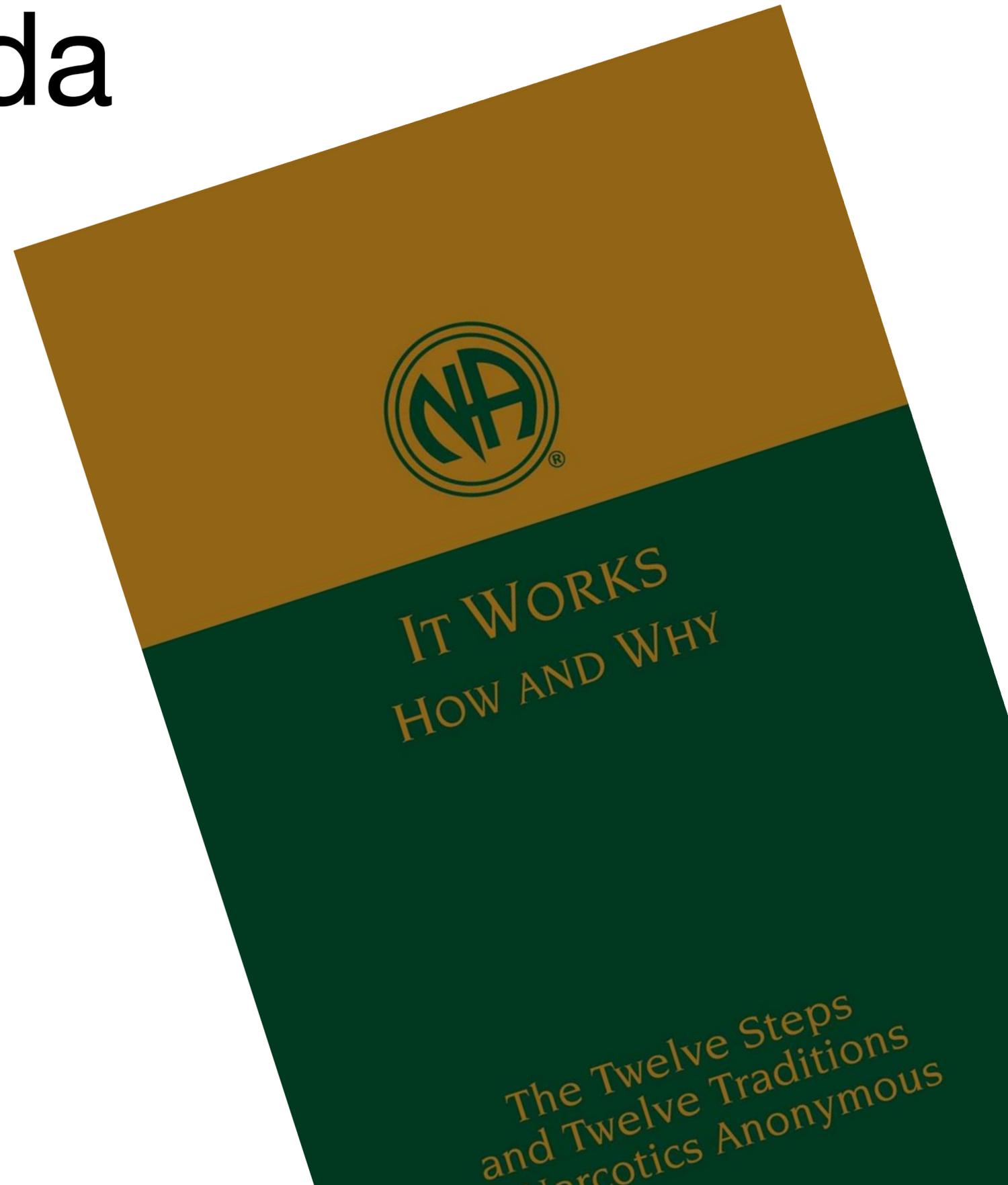


**NARCOTICS ANONYMOUS**  
**Victoria**  
**HOSPITALS & INSTITUTIONS**  
**(H&i)**  
**Sub-committee**



# Agenda

- Welcome
- Overview of Meeting
- Reading
  - “What is the NA Program?”
  - “Who is an Addict?”
- Sharer
- Reading
  - “Why are we Here?”
- Sharer
- Reading
  - “We Do Recover”
- Q&A
- Meeting List & Helpline



Who wants to read...

# What is the Narcotics Anonymous Program?

# What is the Narcotics Anonymous Program?

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

There are no strings attached to NA. We are not affiliated with any other organizations. We have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

Who wants to read...

**Who is an Addict?**

# Who is an Addict?

Most of us do not have to think twice about this question. We know! Our whole life and thinking was centred in drugs in one form or another—the getting and using and finding ways and means to get more. We lived to use and used to live.

Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions, and death.

Who wants to read...

**Why Are We Here?**

# Why Are We Here?

Before coming to the Fellowship of NA, we could not manage our own lives. We could not live and enjoy life as other people do. We had to have something different and we thought we had found it in drugs. We placed their use ahead of the welfare of our families, our wives, husbands, and our children. We had to have drugs at all costs. We did many people great harm, but most of all we harmed ourselves. Through our inability to accept personal responsibilities we were actually creating our own problems. We seemed to be incapable of facing life on its own terms.

Most of us realized that in our addiction we were slowly committing suicide, but addiction is such a cunning enemy of life that we had lost the power to do anything about it. Many of us ended up in jail, or sought help through medicine, religion, and psychiatry. None of these methods was sufficient for us. Our disease always resurfaced or continued to progress until, in desperation, we sought help from each other in Narcotics Anonymous.

After coming to NA we realized we were sick people. We suffered from a disease from which there is no known cure. It can, however, be arrested at some point, and recovery is then possible.

Who wants to read...

**We Do Recover**

# We Do Recover

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.



## Q&A

We are happy to answer questions about Narcotics Anonymous  
& Recovery.

Please keep in mind we are not counsellors, health professionals  
or life coaches.

# End of Meeting

<https://www.navic.net.au/meetings/>

Helpline **1300 652 820**

<https://www.na.org.au/multi/online-meeting-guidelines/>

