

RE: To all the newcomers

A few useful suggestions... and where they come from...

AVOID PEOPLE, PLACES AND THINGS

Basic Text Page 15: "Old friends, places, and ideas are often a threat to our recovery. We need to change our playmates, playgrounds and playthings."

COME EARLY AND STAY LATE

Basic Text page 252: "We were into service work, emptying ash trays, setting up and cleaning up meeting halls. We would get there early and leave late..."

DON'T USE... GO TO A MEETING

Basic Text page 10: "...we suggest that newcomers keep coming back and come back clean."

IP 23 "Staying Clean on the Outside": Instead of picking up that first drug, we do the following:

- * Don't use, no matter what
- * Go to an NA meeting

GET AND USE A SPONSOR

Basic Text Page 55: "We have found it helpful to have a sponsor and to use this sponsor"

IP # 16 "For the Newcomer": "We suggest that you look for a sponsor as soon as you become acquainted with members in your area."

GET A HOMEGROUP

Basic Text Page 54: "We find our place in the Fellowship, and we join a group whose meetings help us in our recovery."

Basic Text page 95: "Attending our home group provides encouragement from the people that we get to know."

KEEP COMING BACK, IT WORKS!

Basic Text Page 9: "We have learned from our group experience that those who keep coming to our meetings regularly stay clean."

Basic Text page 148: "Keep coming back, it works."

IP #22 "Welcome to Narcotics Anonymous": "KEEP COMING BACK - IT WORKS!"

90 MEETINGS IN 90 DAYS

Basic Text Page 53: "A meeting a day for at least the first ninety days of recovery is a good idea."

USE THE PHONE

Basic Text Page 54: "...get and use telephone numbers..."