



Narcotics Anonymous®

I-Narcotics Anonymous

IP No. 2-ZU

Iqembu

Iqembu

Incazelo nenjongo

Iqembu le-Narcotics Anonymous liyinoma yikuphi ukuhlangana kwabalutha abalulamayo ababili noma ngaphezulu abahlangana njalo ngesikhathi nasendaweni ethile ngenjongo yokululama esifweni sokulutheka. Wonke amaqembu e-Narcotics Anonymous aboshwa yizimiso zeziNyathelo Eziyishumi Nambili Namasiko Ayishumi Nambili E-NA. Iqembu ngalinye linenjongo eyodwa eyinhloko—ukudlulisa umyalezo wokululama kubalutha abasahlukumezekile.

Kubalulekile ukukhumbula injongo yethu esemqoka ukuze abalutha abeza emhlanganweni okokuqala bakwazi ukuzikhumbuza nokuzibona befana nabanye emhlanganweni. Omunye wemisebenzi yeqembu ukwenza kube nomoya wokululama kwabasha abanesifiso sokuyeka ukusebenzisa izidakamizwa nakulabo abangamalunga. Sifuna ukwenza umuntu omusha azizwe amukelekile. Siyayikhumbula indlela esasithuke futhi sesaba ngayo ngenkathi siqala ukuza e-NA. Sakwamukela ukwamukelwa ngothando nokufunda ukuthi ukwanga okunothando kungenza umehluko omkhulu emhlabeni lapho sasingonkom'idla yodwa. Sasidinga ukuthola abanye abanjengathi abaye babhekana nezinto esabhekana nazo futhi abayiqondayo imizwa yethu nesidlule kukho. Kusukela ekuqaleni sithole ukuthi noma yimuphi umlutha angahlala ehlanzekile ngokulandela isibonelo sabanye abahlanzekile futhi abaphila ngohlelo lwe-NA.

Iqembu liyindlela enamandla yokudlulisa umyalezo wethemba nesithembiso senkululeko yokuba ngumlutha ongaqhube-ki nezidakamizwa. Noma yimuphi umlutha

angayeka ukusebenzisa izidakamizwa, aphelelwe yisifiso sokuzisebenzisa futhi athole indlela yokuphila entsha nengcono. Emihlanganweni sizwa abanye abalutha bekhuluma ngokwenzeke kubo, ukuzithiba nokuba nethemba ukuze bahlale behlanzekile basize nabanye abalutha ukuba bahlale behlanzekile. Sithole ukuthi kuyindlela yokuzelapha uma umlutha esiza omunye lendlela ayinakuqhathaniswa nalutho.

Sithole ukuthi uma siya njalo emihlanganweni sithola ukuthi lokho okwakusihlupha emphefumulweni kuyaphela. Esikhundleni sakho saba nokuzethemba, ukujabula nokwazisa indlela entsha yokuphila esiyithole kwa-Narcotics Anonymous. Okubaluleke kakhulu, ukuthi labo abeza njalo emihlanganweni yethu bahlala behlanzekile.

Iqembu lasekhaya

Ukukhetha nokusekela iqembu lasekhaya kuyingxenye ebalulekile yokululama. Iqembu lasekhaya lingumhlango lapho ukwazi ukukhululeka khona futhi ngumhlango ozoba kuwo njalo. Sibiza lo mhlango ngokuthi iqembu lasekhaya ngoba uyindawo lapho sizizwa sisekhaya uma siku. Ukuba seqenjini lasekhaya kusenza sikwazi ukuba nento esiqinisayo isonto ngalinye lapho sithola ukwazana nabantu futhi nabo bakwazi ukusazi kahlehle. Sakha ubungani obuqotho komunye nomunye njengoba sikhula ndawonye.

Siyazibophezela eqenjini lethu lasekhaya, futhi masingakwazanga ukuphumelela ngasizathu simbe, sizokhumbuleka. Iqembu lethu lasekhaya libuye libe yindawo lapho sigubha khona unyaka ngamunye wokuthi sihlanzekile. Sakha ubangane beqiniso, okungokokuqala ngqa ezimpilweni zethu,

futhi sifunde ukuhloniphana. Lokhu kusho lukhulu ekululameni kwethu.

Njengoba amalungu eya ngokuqina ukhakhayi, kanjalo neqembu liyaqina. Kukho konke esikwenzayo sifunda ukuphila ngezimiso ezingokomoya ze-Narcotics Anonymous. Siphinde sifunde ukwabelana nokuhlanganyela imisebenzi ngenxa yokukhula nenhlalakahle yeqembu ukuze iqembu likhule futhi lisebenze kahle.

Amalungu eqembu lasekhaya kufanele azame ukuhlale ezazi izinkinga noma ubunzima iqembu lawo elibhekene nabo futhi azimisele ukusiza. Iqembu lasekhaya liyindawo lapho ukwazi khona ukuvota njengelungu leqembu ngezindaba ezithinta i-NA yonkana nangezindaba ezimayelana nenhlalakahle yeqembu lasekhaya. Iqembu lasekhaya liphinde libambe iqhaza ekudluliseni umyalezo wokululama endaweni elikuyo. Ngomoya wobumbano nowobunye, ngenjongo yinye, ngenxa yobuhle be-NA yonkana, kubalulekile ukuthi sonke sidlale indima yethu.

Ukwakheka kweqembu

Lapho kusungulwa iqembu¹ okumelwe kuze kuqala ukuthola indawo okuzohlanganelwa kuyo njalo. Zamani ukuthola indawo ezovumelana nomoya wokululama futhi ezovumela ukukhula komhlangano. Kubalulekile ukuthola indawo ezovumela iqembu ukuba likwazi ukusebenzisa iSiko Lesithupha, elithi, "Iqembu le-NA akufanele lisekele, lixhaswe ngemali, noma libolekise ngegama elithi NA kunoma yisiphi isakhiwo esihlobene nalesi noma inhlangotho yangaphandle, akufuneki izinkinga zemali, izinto esinazo, noma

¹Ukuze uthole ukwaziswa okwengeziwe ngokuqala iqembu le-NA, bheka *The Group Booklet*.

ukuduma kusiphambukise enjongweni yethu eyinhloko." Lesi simiso sokungazihlanganisi sivumela iqembu ukuba lizithathele lona izinqumo. Emva kokuthola indawo, khethani isikhathi nosuku, nenze izinhlelo zokuvula nokuvala indawo yokuhlangana, nokunye ukulungiselela okudingekayo. Isiko Lesikhombisa lisitshela lokhu, "Iqembu ngalinye le-NA kufanele likwazi ukuzimela ngokugcwele, liyenqabe iminikelo evela ngaphandle." Ngokuvumelana neSiko Lesikhombisa, yenzani izinhlelo zokukhokha irenti yaleyo ndawo; amaqembu e-NA ngaso sonke isikhathi kumelwe akwazi ukuzisekela ngokwawo. Imithwalo yeqembu (ukuvula iminyango, ukwenza ikhofi, ukulungiselela izincwadi, ukuhlanza, njll.) ifezwa kangcono uma yenziwa abalutha ababili noma ngaphezulu. Amanye amaqembu aye alahlekelwe yizindawo zawo zokuhlangana ngoba ehlulekile ukunakekela kahle indawo ahlangukayo. Kodwa uma sizama ukushiya indawo esihlanganela kuyo isesimweni esingcono kunendlela esiyithole iyiyo, sivikela umoya wokululama nedumela le-Narcotics Anonymous.

Uma umhlangano uphuza ukuqala, bekezela. Isipiliyoni sisitshela ukuthi lokho kuzoya kuba ngcono. Usizo lungatholakala ngokuxhumana nendawo eseduze noma ikomiti lesifunda, ngokwenza izimemezelo kweminye imihlangano nangokusakaza amapheshana.

Lapho kunosizo abenele abantu abazobamba iqhaza, kwenziwe umhlangano wezimali weqembu. Kulo mhlangukayo wokuqala, kwakhiwa izinto eziphathelene neqembu (igama, ukwakheka, njll.) futhi kukhethwa izinceku ezithenjwayo. Nakuba kungase kubonakale sengathi iqembu lifana nebhizinisi okwamanje, kumelwe

sikhumbule ukuthi sakha isisekelo sokufeza injongo yethu eyinhloko. Kungumthwalo wethu njengamalungu eqembu ukunakekela i-NA nokuzenzela indlela yokululama. Kuyilungelo elikhulu ngempela ukuba yingxenye yeqembu lethu lasekhaya.

Izinceku ezithenjwayo

Isiko lethu leSibili lisitshela lokhu, “Injongo yeqembu lethu linomlawuli oyedwa kuphela—uMdali onothando njengoba engase azibonakalise ngokwakhe kunembeza weqembu. Abaholi bethu bayizinceku nje eziphathisiwe, abazona izishayamthetho.” Ngakho, izinceku zethu ezithenjwayo zingumgogodla weqembu futhi ukuba khona kwazo njalo kuyo yonke imihlangano kubaluleke kakhulu. Ezinye zezingqinamba ezihlukumeze noma zaqeda amaqembu e-NA amaningi kube ukukhetha abaphathi abangakulungele ukwenza umsebenzi noma abangenawo umlando wokululama enhlanganweni yethu. Ngokuvamile ukhetho lwe-NA luye lwabonakala ludume ngokuncintisana kunokukhetha izinceku ezithenjwayo. Abaphathi beqembu kumele bakhethwe ngokucophelela okukhulu ngenxa yemisebenzi ehlobene nezikhundla zabo nomthelela ongase ubangelwe abaphathi ababi eqenjini. Ukugcwalisa isibopho sokuzinikela emsebenzini yikho kubalulekile. Izigaba ezilandelayo ziqukethe incazelo emfushane yezinceku zeqembu ezithenjwayo. Ukuze uthole incazelo ebanzi, bheka incwadi esemthethweni yomsebenzi we-NA.

Njengesiqondiso jikelele, siye sathola ukuthi izinceku ezithenjwayo ziphumelela kakhulu uma zinokuthile okudingekayo ukufeza yazo. Lezi zimfanelo zihlanganisa:

1. Ukuzimisela nesifiso sokusebenza

2. Umlando wokululama e-NA (sikhuthaza unyaka owodwa uhlanzekile)
3. Ukuqonda nolwazi lokusebenzisa iziNyathelo Eziyishumi Nambili Namasiko Ayishumi Nambili E-NA
4. Ukuhlanganyela eqenjini

Unobhala

Unobhala wenza imisebenzi elandelayo:

- ★ Ukuvula nokuvala indawo yomhlangano njalo—kumnyama kubomvu
- ★ Ukukhetha umholi ozokhuluma ngomyalezo we-NA wokululama
- ★ Ukuqinisekisa ukuthi liyenziwa ikhofi
- ★ Ukugcina amarekhondi omhlangano
- ★ Ukuhlela imihlangano yeqembu yezezimali
- ★ Ukuthenga okudingekayo nezincwadi

Unobhala unomsebenzi omkhulu, ngakho lesi sikhundla akufanele sithathwe kalula. Amalungu eqembu ngaso sonke isikhathi kufanele azimisele ukusiza unobhala nganoma yini ayicela usizo lwayo.

Umgcini-zimali

Umgcini-zimali wenza imisebenzi elandelayo:

- ★ Ukukhokha izindleko zeqembu
- ★ Ukugcina amarekhodi ezimali
- ★ Ukufeza izinqumo ezenziwe yiqembu ngokuphathelene nokusebenza kwezimali
- ★ Ukubikela iqembu njalo

Kuyasiza uma umgcini-zimali enekhono eliyisisekelo lezibalo futhi ekwazi ukuphatha kahle izimali zakhe. Enye yezinkinga ezinkulu esiye sabhekana nazo ukungasetshenziswa kahle kwezimali zeqembu. Kuye kwanyamalala izinkulungwane zamadola ezimali ezidingekayo. Lokhu kungasetshenziswa kahle kwezimali akulinganiseli nje kuphela lokho okungenziwa yi-Narcotics Anonymous, kubulala lokho okushiwo yiSiko Lesihlanu, elifundeka kanje, “Iqembu ngalinye linenjongo eyodwa kuphela eyinhloko – ukwedlulisela umyalezo wokululama kumlutha osahlukumezekile.” Okuvame ukwenzeka ukuthi abagcini-zimali basebenzisa kabi izikhundla zabo ngokuvamile bathola ukuthi bakhokha kakhulu uma sekuziwa ngasekululameni kwabo siqu. Ngokusobala, umgcini-zimali unomthwalo omkhulu futhi kufanele kucatshangisiswe uma kukhethwa ilungu elizokwenza lo msebenzi. Ukuze uthole ulwazi olwengeziwe ngomsebenzi owenziwa umgcini-zimali, bheka i-*Treasurer’s Handbook*² eyagunyazwa eNkomfeni Ye-NA.

Omele umsebenzi weqembu (Group service representative [GSR])

I-GSR yenza imisebenzi elandelayo:

- ★ Iba khona njalo emhlanganweni wekomiti lomsebenzi wendawo (area service committee [ASC])
- ★ Iba yilungu emakomitini angaphansi kwe-ASC
- ★ Wenza umsebenzi wokuxhumanisa iqembu nendawo
- ★ Usebenzisana nashintshana naye ekubeni yi-GSR
- ★ Ugcina iqembu libhaliswe ngendlela efanele kuyi-World Service Office

²Okwamanje izihloko zesiNgisi azikanyatheliswa ngesiZulu.

Isici esibaluleke kakhulu kulesi sikhundla ukuba ngumkhulumeli weqembu. I-GSR isemqoka ekuxhumaneni kweqembu nayo yonke inhlango. I-GSR ingumgudu wokuxhumana osemthethweni onjongo yawo kungukumela iqembu ngokufanele ezindabeni ezithinta amanye amaqembu noma i-NA yonkana. Lo msebenzi udinga ukuba omele iqembu azise iqembu ngokwenzekayo enhlanganweni ye-NA emhlabeni wonke nokuhlanganyela nendawo nganoma yimiphi imisebenzi, amandla noma izinkinga zeqembu. Kubalulekile ukuba i-GSR ingayiphazamisi imigudu yokuxhumana ye-NA.

Omunye omele umsebenzi weqembu (Group service representative-alternate [GSR-Alternate])

Isikhundla se-GSR-Alternate siyafana nese-GSR kodwa sona sihluke ngokuthi sithatha iminyaka emibili, unyaka wokuqala uwuchitha eqeqeshwa kanti owesibili abe yi-GSR. Kubalulekile ukuba i-GSR-Alternate ibe khona emhlanganweni ngamunye we-ASC ukuze ifunde futhi ikwazi ukusekela i-GSR. I-GSR-Alternate iphinde isebenze njenge-GSR uma ingekho i-GSR.

Izindlela ezengeziwe zokusebenza

Izikhundla esisanda kukhuluma ngazo ezezincedu ezithenjwayo esezinesikhathi zisebenzela inhlango. Enye indlela esingakhonza ngayo ukuba yisikhulumi noma ngumholi; ngokuvamile lezi zincedu ezithenjwayo zikhethwa unombhala weqembu. Emhlabeni wonke, le nhlangano isebenzisa imigomo eminingi nezindlela ezihlukahlukene ukuqhuba imihlangano. Isiko lethu leSine lisithembisa ukuzithathela izinqumo uma nje lezi zindaba

zingawaphazamisi amanye amaqembu noma i-NA yonkana. Lokhu kwehlukahluka kuthuthukisa inhlangothi yethu futhi kukhulise ukuphumelela kwethu. Ngaso sonke isikhathi injongo yethu eyinhloko ukuyisa umyalezo wokululama kubalutha abasahlukumezekile.

Umholi

Umholi—ophinde abizwe “ngosihlalo” ezindaweni eziningi—kumele abe nesipiliyoni, amandla nethemba lokuhlanganyela nabanye ngokuba khona njalo emihlanganweni ye-Narcotics Anonymous. Lo muntu unomthwalo wokwenza umhlangano ushelele futhi alandele imigomo yokwakheka kweqembu. Umholi kumelwe akhumbule ukuthi umhlangano owabo bonke abantu futhi angaphawuli ngemva kokuba othile eqede ukukhuluma.

Umuntu oholisa umhlangano unomthwalo wokwenza ukuba kube nomoya wokululama. Nakuba ukukhuluma ngezinkinga kudingekile ukuze kuvezwe okuthile, ukukhuluma ngezixazululo kuyadingeka ekululameni. Kufanele kube sengqondweni yomholi ukuthi silapha ngenjongo ethile, yokuhlala sihlazekile nokusiza abalutha ukuba balulame ekuluthekeni.

Isikhulumi

Ilungu le-NA elikhethelwe ukukhuluma emihlanganweni kudingeka kube ngumuntu osebenza futhi ophila ngohlelo lokululama lwe-NA, okuyisiNyathelo Seshumi Nambili Nesiko Leshumi Nambili. Ezindaweni lapho engemaningi amalungu e-NA asenesikhathi eside ehlanzekile noma angenaso isikhathi eside esebenzisa isiNyathelo Seshumi Nambili Nesiko Leshumi Nambili, maningi amathuba okuba

iqembu eliselisha e-Narcotics Anonymous lingase lingawaqondi kahle amaSiko e-NA futhi limeme isikhulumi esingelona ilungu lenhlangano ye-NA. Ziningi izindlela zokugwema lesi simo. Ngokwesibonelo, umbhalo wethu oyiSisekelo usikhumbuza ukuthi amalungu e-NA akwezinye izindawo azimisele ukuhamba amabanga amade ukuze asekele amaqembu asemasha. Isikhulu sisiza ekugcwaliseni injongo esemqoka yeqembu, ukudlulisa umyalezo wokululama kubalutha abasahlukumezekile. Lapho sikhuluma emhlanganweni we-NA, kufanele siqaphele sikhulume umyalezo ohlanzekile wokululama ngokuziveza njengabalutha abalulamayo esifweni sokulutheka. Asikho isidingo sokukhuluma kakhulu kulokho esasikwenza ngesikhathi sisengabalutha ababesebenzisa izidakamizwa noma “sigeqe amagula,” ngoba sonke siyazi ukuthi kunjani ukusebenzisa izidakamizwa. Size e-Narcotics Anonymous ukuze siyeke ukuzisebenzisa futhi size lapha ukuzokhuluma ngokwenzeka kithi, amandla nangethemba lokululama.



Emaqenjini asemasha ezindaweni ezisafufusa: Siye sathola ukuthi imihlangano efundisa ngezinyathelo nemihlangano efundisa ngezincwadi iyisiqalo esibaluleke kakhulu ekukhuleni kwamalungu. Sinikhuthaza ukuba nenze konke okusemandleni enu ngothando nangokuzwana, futhi ningakuyeki ukubuya: Lokhu kuyasebenzi!

**Ukubonga kwethu kuyakhuluma
lapho sikhathalela
nalapho sikhuluma
nabanye ngendlela ye-NA**

Copyright © 2020 by
Narcotics Anonymous World Services, Inc.
Wonke amalungelo agodliwe

World Service Office
PO Box 9999
Van Nuys, CA 91409 USA
T 818.773.9999
F 818.700.0700
Website: www.na.org




World Service Office—CANADA
Mississauga, Ontario

World Service Office—EUROPE
Brussels, Belgium
T +32/2/646 6012

World Service Office—IRAN
Tehran, Iran
www.na-iran.org



Lokhu ngukuhunyushwa lwezincwadi okugunyazwe
yiNhlango ye-NA.

Narcotics Anonymous, , , , ne-The NA Way
ngamagama abhaliswe ngokomthetho
ye-Narcotics Anonymous World Services, Incorporated.

ISBN 978-1-63380-235-3

Zulu

1/20

WSO Catalog Item No. ZU3102