ON TOUR CELEBRATION

WCNA
36
2015

RIO DE JANEIRO BAHRAIL
THE GIFT IS FREEDOM

• Click here for cover poster     • WCNA 36: Rio de Janeiro, Brazil!     • World Unity Day
The NA Way Magazine welcomes the participation of its readers. You are invited to share with the NA Fellowship in our quarterly international journal. Send us your experience in recovery, your views on NA matters, and feature items. All manuscripts submitted become the property of Narcotics Anonymous World Services, Inc. Subscription, editorial, and business services: PO Box 9999, Van Nuys, CA 91409-9099.

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The NA Way Magazine welcomes letters from all readers. Letters to the editor can respond to any article that has appeared in The NA Way, or can simply be a viewpoint about an issue of concern in the NA Fellowship. Letters should be no more than 250 words, and we reserve the right to edit. All letters must include a signature, valid address, and phone number. First name and last initial will be used as the signature line unless the writer requests anonymity.
Step Four

I have worked through the Twelve Steps several times throughout my recovery. I had five years clean when I was 30, and one of the things I didn’t do in those five years was work a thorough Fourth Step. I was pretty sure I was powerless; I came to believe, and once things were going well, I didn’t think I needed the rest of the steps. I thought recovery was great, and it was for a while, but I could not understand why I wasn’t happy. I had a lot of things in my life, and had achieved an expected level of professional, financial, and marital success. I say expected because I never knew those things were a gift. My life was a gift, my children were a gift, and recovery is grace. I didn’t know how to be successful: I knew how to fail; I had been doing it all my life. I didn’t know how to change, and I really didn’t know that I needed to change. I kept thinking if my circumstances would just change, I would love myself one day. After years of struggling with my demons, I relapsed and stayed out for seven years. I went to the same depths that many of us have and I didn’t think my life would get better, but I was fortunate to have been given the gift of desperation.

When I came back to the program, I had an inkling of what I did wrong the first time, and for once in my life I was actually hearing the message, not the mess. I heard that the same person will use again, and if I didn’t work a Fourth Step I would miss the gifts god had already given me. I had to get rid of the old so I could be open to the new. I knew I wanted a different life, and I also came to realize that I could only get that by working from the inside out. I came back with a broken spirit, and working the Fourth Step early in my recovery did not seem like a good idea; however, my sponsor had different ideas. I wanted to stay clean, so I took suggestions and did it. I can say it was the beginning of having an open mind.

I have since worked another Fourth Step, this one more revealing than the first. I have come to terms with my past and have figured out what makes me who I am and what could possibly make me feel like I had to use again. I discovered my resentments and why I couldn’t form healthy relationships. In looking at my resentments, I found that I was the common denominator, but I had to look at why I had the resentments. Some of them were due to my upbringing, some were due to real wrongs done to me, and many were due to my unhealthy thinking. I took a look at all the cruddy stuff I did, but more importantly, why I did it. One of the things I discovered about myself was that every decision I’ve ever made in my life was made out of fear. I was afraid of life, was full of shame, and was always a victim. Through working the Fourth Step, I found I could get rid of these liabilities and that I actually have assets. I am so glad I did a thorough, searching, and fearless moral inventory because now I know w here I am coming from. I am not placing my mood before my action; it is the opposite today. Mood follows action! If you are afraid to work a Fourth Step, it’s okay, but our program offers us freedom from active addiction, and the steps are how we get there, just for today.

Elizabeth N, Virginia, USA
Reprinted from June 2014 SHEVANA News, Shenandoah Valley Area
Basic caption contest

Here’s your chance to participate in The NA Way Magazine in a whole new way. Write a caption for this comic, send it to us, and you’ll be magically entered in our caption contest. We’ll choose the best (and maybe a few other really good ones) for publication in an upcoming issue. Your prize will be the satisfaction of contributing to the humorous recovery pursuits of fellow NA members—and seeing your name in The NA Way!

Email your entry with “Basic Caption Contest” in the subject line, and be sure to include your name and where you’re from in the body of the email: naway@na.org.

Thank you to everyone who participated in the Basic Caption Contest. The winning submission is:
Sarah F, New York, USA

And here are some other notable entries:
Social acceptability doesn’t equal recovery.

Andrea P, New Jersey, USA

I need to publicly post why Tradition Eleven is so important!

Brian S, Ontario, Canada

Just don’t press enter until you pray, talk to your sponsor, and write about it.

Scott W, Idaho, USA

Guy #1: Upload my NA birthday pics to the group’s page.
Guy #2: No, we cannot be shown in the newspaper, radio, or social networks.
Guy #3: Yes we can because the group we opened is secret, so no one else can see it except for those who are in the group.

Marco K, Baja California Sur, Mexico
Step Five:
The exact nature

To put the idea of “exact nature” under a microscope, we consider that Step Five is not calling these defects the exact nature of us, but the exact nature of our wrongs. Who we are is just underneath that flawed belief system that we created and perpetuated to survive as active addicts. I was taught that this exact nature was not the behavior and not even the feeling, but the thought that came into my head just before I started to feel badly. (The defects starting to well up inside me?) It was like a deconstruction, a tracing of my mind’s steps backward through events in my life. Maybe I had lashed out at someone. I said unkind things because I was upset, and under that I was feeling hurt. But even below the hurt were the thoughts “no one really cares about me” or “people cannot be trusted” or “I am not good enough for anyone to care about me.” Those thoughts that were like statements in my head began a very long time ago, and I took them for facts. Then, as my life began to play out, I gathered evidence for those statements to be true. I may have even created or participated in the events to make sure that my belief system was intact. Somehow, the need to be right about my defects was more comfortable for me as an active addict. It was permission to keep using. To admit them, to shed light on them, to see with alarm how much they dominated my life is huge! The defects do not want to be uncovered. But uncovering them, speaking them out loud, admitting them, and accepting their existence seemed to also bring a sense of relief and freedom, and even hopefulness.

In order to get to this dark, scary place of looking at the defects and their exact nature head-on, and admitting them to God, myself, and another person, I need to feel as safe as I can. I may still feel anxious, but I know my sponsor loves me and has my recovery in her heart. She related similar defective thoughts to me, so I knew I was not alone; plus she offered her experience with how going on in the Steps gave her some freedom from “having” to act on those thoughts, and even from not feeling the feelings from them as deeply or as long. That sounded so exciting.

If the Fourth Step takes us to the basement or attic, the Fifth Step is when we return to the room in our hearts. “When we take inventory and practice paying attention to our actions and our motives, we sometimes feel like we are defined by our character defects…. We learn that our spirit is not apart from us; it is a part of us. We gain awareness of the exact nature of what is right about us.” (Living Clean, Chapter Three, A Spiritual Path)

Barb D, Virginia, USA
Reprinted from June 2014 SHEVANA News, Shenandoah Valley Area
Obrigado!

Hello, I’m an addict in recovery called Flavio. I am grateful for this new life that the NA Fellowship gave me! I joined NA in 2007 in total despair, fear, loneliness, paranoia, panic, and madness. I joined a group and I was very well received. I’m from São Paulo and had already tried all ways to stop, and nothing worked. I was hospitalized and arrested, but nothing stopped this disease with no cure. In NA I found honest fellowship.

I pray every day, and I do not want to go back to the hell of using. I love this brotherhood of heart, soul, and spirit. I believe in the daily maintenance of our recovery. I believe in our sayings and certain customs, but I also believe that there is no such thing as “our drug of choice.” This does not exist because the disease is not the drug. In recovery, our choice is life, freedom, love, peace, unity, and selflessness.

I believe addicts are special beings and that we have great potential. I believe any addict who wants to stop using and find a new way to live can find relief here in NA—and there is no better life than that of an addict who overcomes the prison walls of addiction.

I share my best wishes with all addicts of the world who have found the way to live without drugs and substances. Cheers! Obrigado to God, my mother in heaven, and to all NA groups in this lifetime and others! It works!

Flavio A, São Paulo, Brazil

How’d ya do it?

The night before celebrating my fifteenth NA birthday (March 2013), I thought about the question I am asked every year: “How’d ya do it?” Here are just some of the ways I’ve stayed clean.

I did it by putting pen to paper, not using no matter what, asking for help, being open-minded and willing, being irritable and discontented, taking suggestions, waiting five minutes, and by going to meetings—a LOT of meetings!

Ninety in 90 wasn’t enough for me; I went to at least 150 in my first 90 days.

I stayed clean by listening to those who had what I wanted, to others I didn’t want to listen to, and to those who shared the same stuff every day and who I wished would just move on or get over it! I did it by being grateful, never forgetting how glad I was to be living this life no matter what I was dealing with at that moment, and no matter how enticing using appeared.

I did it by going to NA conventions. The broader the base, the higher the point of freedom, and our base is really broad at an NA World Convention. I did it by finding meetings everywhere I went (I travel a lot for work), making phone calls after midnight, and making impromptu meetings, like on a ski-hill chairlift. (Where I used to find time to get in a quick hit, now I’ve learned to squeeze in a spiritual hit.) I even helped start a Spanish-speaking meeting while working in Venezuela for three months, which happened through a connection I made at a World Convention. I am far from fluent in Spanish, but we talked, met, and decided to start a meeting two times a week. Not easy when working twelve-hour days, six and seven days per week, but I did not get here because I wanted to be clean; I got 15 years clean because I plan my recovery daily and live the plan.

I stayed clean doing it your way, my way, doing it any way; doing my best when my best didn’t look very good, putting in 10 percent of the effort I put into using; doing it when it was easy; doing what didn’t make sense; doing it when I thought it was a good idea, and when I thought I couldn’t take another step. I stayed clean reading our literature, writing on steps, using a dictionary, and having a program. “Just for today I will have a program…”

I did it by going to meetings—a LOT of meetings!—and begging for answers; doing all of it in the rooms, and living clean; not using one day at a time; and praying and meditating even before I believed in a Higher Power (God), but prayed to him/her/it anyway.

I stayed clean with dumb luck, while eating ice cream; visiting fellow members in the hospital, and taking meetings to them there; going to funeral homes, churches, and temples to bury some who didn’t make it, or to support addicts whose loved ones had passed. I did it by learning to eat, sleep, and exercise properly, coming to understand that some form of regular physical activity is crucial to my mental health, which makes staying clean 100 times easier.

I stayed clean by learning from those who were here when I got here, by being vulnerable, by knowing what a miracle my life is clean and never wanting to return to my other life—ever, no matter what
I was feeling, thinking, or dealing with. I did it by working a thorough First Step and knowing what would happen if I took one of anything, whether I liked that substance or not. I did it by believing in NA, sometimes not believing a word of anyone or anything, but having nowhere else to go and no one else to talk to. I stayed clean sitting quietly because I was too uncomfortable to talk and too afraid to leave, but knew nothing bad would happen right here, right now, as long as I stayed right here.

David I, Tennessee, USA

Like every piece of NA literature, this was written by addicts for addicts.*

Available Soon!

New Electronic Version of

**The Narcotics Anonymous Step Working Guides**

An e-version of our NA Twelve Steps study guide will be available soon for download to your electronic devices. Visit [www.na.org/subscribe](http://www.na.org/subscribe) to sign up for NAWS Updates emails to receive up-to-date information and news.

* The Narcotics Anonymous Step Working Guides, Preface

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iTunes: [http://tinyurl.com/gcuducy](http://tinyurl.com/gcuducy)
NA communities are invited to send photographs of their meeting places and events. Sorry, we cannot use photos that identify NA members. Please tell us the group/event name, location, how long it has been in existence, format or special traditions, and what makes it a unique part of your NA community.

**Picture this**

The NA communities are invited to send photographs of their meeting places and events. Sorry, we cannot use photos that identify NA members. Please tell us the group/event name, location, how long it has been in existence, format or special traditions, and what makes it a unique part of your NA community.

**NWMASC**

The [Northwest Michigan Area Service Committee](#) serves meetings held in Leelanau, Benzie, Manistee, Mason, Lake, Wexford, Kalkaska, and Grand Traverse counties in Northern Lower Michigan. Our area began in the mid-1980s in Traverse City. Due to our large geographic size, we reach out to the outer counties when they fail to make ASC meetings to make sure their needs are being met. As part of our PR subcommittee we also have an outreach subcommittee that takes addicts to less-attended meetings outside of our population centers.

Our area service committee meets at 4:00 pm on the third Sunday of each month at the corner of Fifth and Oak Streets in Traverse City, Michigan. We began using consensus-based decision making in our area approximately 15 years ago. We had growing pains early in its implementation, but our service meetings are generally well run and focused on unity, rather than on personalities and conflict. On average, approximately three-fourths of our groups attend ASC meetings. The longest continuous home groups in our area are Just For Today by the Bay and Living Clean, which both began over 25 years ago.

Our greatest challenge has been to keep regular service to our local prison and jail populations. Currently we maintain weekly meetings in our largest area jail and a local minimum security prison. For most of the jails we are unable to go to, we also send literature.

The NWMASC Literature Subcommittee storage box was constructed in 2004 by our first literature chair. He constructed it in loving service in his own wood shop at his own expense. He had a passion for the disaffected and rejected in our Fellowship and in our society. In recent years, he experienced great pain in and out of recovery from an extended illness and a negative reaction to its medical treatment. He was a mischief-maker of the first order, well loved by most, and has been greatly missed since his passing in 2011.

*Chad L, Michigan, USA*
Join thousands of recovering addicts for the Closing Meeting of WCNA 36! We will come together as a worldwide fellowship on a conference call at 1:00 pm Brasilia Time (BRT). Listen in as the meeting kicks off and we hear the NA message carried from Rio de Janeiro, Brazil, to households, meeting rooms, and activity halls around the world. (To determine your local time, visit www.timeanddate.com/worldclock/ converter.html.)

Individual members, groups, areas, and regions can register for the two-hour telephone hookup. The cost is $50.00 for calls within the United States and Canada. Complete the registration form at www.na.org/wcna and submit it along with your payment information to NAWS on or before 15 May 2015.

One free hookup will be provided for each region outside the US and Canada. Free regional links outside the US and Canada must have approval of the regional service committee, and we are only able to provide one (1) free hookup per region.

For the first time in our Unity Day history, we will provide a free internet audio webcast of all four WCNA main meetings. We are testing this audio webcast on an experimental basis, so we cannot guarantee accessibility, quality, and consistency of the audio broadcast signal. Visit http://wcnavolunteer.org/wcna36/streaming.html for meetings schedule and to access this audio webcast.

Questions? Call Johnny at 818.773.9999, extension 149 or email johnny@na.org.
It’s just around the corner …


Get ready to stroll awe-inspiring coastline, explore exquisite Brazilian beauty, and celebrate NA recovery with members from around the world at our second ever bilingual World Convention.

Your Once-in-a-Lifetime Brazilian Opportunity…

in breathtaking Rio de Janeiro, one of the most beautiful cities in the world! NA members from all over Brazil are ready to welcome you with open arms and loving hospitality. Get ready to stroll awe-inspiring coastline, explore exquisite Brazilian beauty, and celebrate NA recovery with members from around the world at our second ever bilingual World Convention.

Pre-registration and Registration

If you haven’t already pre-registered, there is still time because we extended pre-registration through 15 May ($105 US, reals amount determined by currency exchange rate). Onsite registration will also be available, and we will have limited packages available onsite for newcomers. Our World Conventions require registration, which gives you access to all convention workshops, meetings, and daily gatherings like dances and concerts.

Accommodations & Transportation

We’ll be creating bus loops to several Rio Centro area hotel areas for your convenience. Because we have no hotel block to offset this cost, we’ll sell bus passes onsite. We’ll provide additional details soon at www.na.org/wcna and onsite. Other transportation options include shared cab rides, which are not expensive in Rio.

** We continue to caution our members that traffic conditions make it almost impossible or extremely difficult to stay outside of Barra da Tijuca for the days of the convention—minimally Thursday through Sunday.

Entertainment

Thursday night you’ll have your first taste of Brazil with a “Samba teaser,” just before the main meeting. After the meeting, it’s a jammin’ dance featuring three phenomenal DJs: two NA members—one from Rio de Janeiro and one from Japan—and Mary Olivetti, the number five female DJ according to electro m.a.g. Olivetti has DJ’d around the world in the hottest clubs, shows, and on television. She has a nationally-broadcasted show on Brazil’s Oi FM and has energized shows like Rock in Rio and the Rio Music Conference.
Friday night’s concert will have you on the dance floor with Detonautas, purveyors of alternative rock, post-punk revival, psychedelic rock, garage rock, and a string of hit singles like *Outro Lugar*, *Quando O Sol Se For*, *O Dia Que Não Terminou*, *O Amanhã*, *Tênis Roque*, and *Só Por Hoje*. Detonautas Roque Clube was created in the late 1990s through internet contacts, thus the band’s name, a combination of Detonadores + Internautas. Along with many other accolades, Detonautas took the MTV Video Music Brazil (VMB) Best Band Award in 2003.

Saturday after the main meeting, experience Capoeira, a Brazilian martial art with elements of dance, acrobatics, and music. From there, launch into a marvelous show by Banda Grafite, known for the record-breaking hit, *Mama Maria*, 1980’s Brazilian new wave music, and international hits. The night doesn’t end there because after Grafite, you’ll have a full serving of samba with Mangueira—colorful, traditional samba with modern flair from the oldest and one of the most famous of Rio’s samba schools. For more than 84 years, Mangueira has won multiple awards—and the hearts of thousands of Brazilians.

**Main Meetings: Live Audio Streaming**

For the first time in WCNA history, we’ll be providing a free internet audio webcast of all four main meetings. For meeting times and to access the audio webcast, please go to [www.wcnavolunteer.org/wcna36/streaming.html](http://www.wcnavolunteer.org/wcna36/streaming.html). All meeting times listed are Brasilia Time (BRT). Check your local time zone at [http://www.timeanddate.com/worldclock](http://www.timeanddate.com/worldclock). (Please note that we are testing this audio webcast on an experimental basis, and we cannot guarantee accessibility, quality, and consistency of the audio broadcast signal.)

**Being of Service: Volunteer Registration**

We will be seeking volunteers to help with entertainment and events, merchandise, program, registration, and many other tasks. If you want to contribute to the success of our recovery celebration, please click on the volunteer link at [www.na.org/wcna](http://www.na.org/wcna).

**Excursions around Rio**

We plan to offer local excursions on Tuesday, Wednesday, and part of Thursday, 9–11 June. We will provide details as they are available on the website and onsite.

**Weather, the Beach, Local Sites, and Customs**

Barra da Tijuca Beach is known for few tourists and as a favorite spot among locals for surfing, kite- and windsurfing; body-boarding, fishing, and—of course—swimming and sun-bathing. There is also a beachside bicycling/foot path.

You’ll enjoy temperatures ranging from about 60 to 77 degrees Fahrenheit, with tropical sea breezes from the Atlantic Ocean. Take advantage of brilliantly sunny days and clear, sparkling water along the longest, cleanest beach in Rio.

Although Barra is all about the beach, it is also the most recently developed part of Rio de Janeiro, with modern city planning features surrounded by natural beauty. When you’re not at World Convention events, you’ll find worldwide cuisine, and about 20 shopping malls nearby (including the largest shopping center in South America). Be sure to check into local customs and etiquette, and guidance for travelling to another country; and watch for some local FAQs at [www.na.org/wcna](http://www.na.org/wcna). Of course, one of the best sources of information will be your Brazilian fellow members.

**Visas**

If you are from the US or Canada, you will need a visa to travel to Brazil, not just your passport. We encourage all others to verify whether or not a visa is needed. We will continue to provide updated information to assist you at [www.na.org/wcna](http://www.na.org/wcna).

Stay up-to-date with our countdown to WCNA 36 in breathtaking Rio de Janeiro by checking the website regularly: [www.na.org/wcna](http://www.na.org/wcna), and by signing up for WCNA updates at [www.na.org/subscribe](http://www.na.org/subscribe).
Traditions Project Update

The Traditions Project is continuing to move forward, with the second batch of chapters for review and input (R&I) having been released 1 March 2015. Delaying the release of the second batch of chapters allowed the workgroup to thoroughly discuss the input we received on the first batch and incorporate your helpful suggestions into the way the chapters in the second batch are structured and organized.

The high level of member participation combined with a devoted workgroup are helping to produce strong material. We continue to urge members to send input and ideas sooner rather than later, as your efforts can be most useful to the workgroup in drafting later chapters.

The quality and quantity of participation have been quite impressive, both for front-end input and for R&I material. For each Tradition, we received at least 100 pages of front-end input, with some Traditions gathering as many as 300 pages. Input received for the review period on the Introduction and Tradition One exceeded 300 pages. We received input from members, groups, and a variety of service workshops from before or after ASC meetings, to specially organized Traditions Project workshops in several NA communities. We received input from throughout North America, and from at least ten other countries. The broad range of input and ideas will certainly help to create the best literature possible. We are grateful for and look forward to your continued participation.

Participate on the project discussion board: http://disc.na.org/trads

Find complete project details, including materials to help you submit, at www.na.org/traditions.
We are happy to announce that in 2015 the Russian NA community is celebrating 25 years! This is extraordinary, and we want to share with you our joy. The first NA meeting in Russia took place in Saint Petersburg in 1990. After 25 years of active growth, there are now over 1,500 meetings each week in 167 Russian cities.

Our Twenty-Fifth Anniversary Convention is organized by the Russian-speaking Zonal Forum and will take place in Saint Petersburg, which many of us believe to be the most beautiful and historic city in Russia. We will provide translation of main meetings and workshops for our non-Russian-speaking guests. The modern venue for the convention is located on one of the city islands in the Gulf of Finland (the Baltic Sea). We invite you to enjoy the beauty of our city; celebrate with us in an atmosphere of recovery, unity, and love; and experience the magic of White Nights 17–19 July in Saint Petersburg. For more information, please visit us at www.25na.ru.

Alexander M,
St. Petersburg, Russia
Our Third Tradition

I was in a meeting the other night and heard someone state that they were “an addict with a desire to stop drinking.” How original, how unique! How deadly, though, because my terminal uniqueness is what almost killed me and took me in and out of NA for two hellish years in the beginning.

If I’m in an NA meeting, I respect the Third Tradition and identify as an addict. If I’m in a meeting of another fellowship, I respect its third tradition and identify as a member of that fellowship. If we are in another fellowship’s meeting and feel the need to “remind” ourselves that we’re also addicts, maybe we need to get to an NA meeting, where we probably belong.

My heart belongs to NA. It’s where I got clean and where I was loved unconditionally. It is where, for the first time in years, people looked me in the eye and said they loved me. But when you have been around a while, you live in a town of 30,000, and you’re consistently among the one or two people in the meetings with more than a few years clean, there are times when attending meetings of other fellowships is an alternative. Because I learned to respect the Traditions, the message I carry is an NA message. It is where I tell my truth.

The constant anti-other-fellowship message I hear when I go to NA reminds me of why I sometimes don’t want to go to NA. If I let narrow thinking coerce me, does it mean I shouldn’t go to Gamblers Anonymous if I can’t stay out of the bingo halls? What if I’m a recovering sex worker, wounded from years of sexual abuse? Should I avoid Sex Workers Anonymous in a desire to work a “pure” NA program? Do NA members really want to hear about that creamy white filling during an NA meeting when our focus should be on the desire to stop using?

I first came to NA in 1981, and our literature was limited. We got clean using the—gasp—Big Book. That is my history. Does NA want only revisionist history? I am proud of our Fellowship, and after more than 30 years of cleantime, I don’t feel the need to fly my “NA flag” to anyone. I have done my time in the trenches, and I continue to serve; however, when I had about 15 years clean and moved to a small town, I began to attend other fellowships. Today I am just as loved in them, too, and as long as I have friends there, I’ll continue to attend.

Which programs others attend is absolutely none of my business. If it works for them, I’m happy for them. When I share in an NA meeting, I speak a clear NA message. If I attend an AA meeting, I may mention I used drugs and will talk to anyone who is having a problem with drugs after the meeting, but I focus on my experience with alcohol. If I wasn’t comfortable respecting another fellowship’s third tradition, I could avoid it and only go to open meetings.

When we grow as individuals, we have to break loose from the restrictions we feel are placed on us, whether real or imaginary, from our parents, our teachers, our mentors. Only then do we find our own way. It appears to me that NA is still in its adolescence, breaking away from and “despising” the fellowship that launched us. But just as most of us rebelled against our parents, in recovery we hear over and over of the joy of rebuilding these fractured relationships.

My hope for the NA Fellowship is that it grows in maturity to the point where we don’t waste valuable energy boasting about our NA “purity.”

Like it or not, AA is the mother ship from which NA sprang. Let’s stop crapping on the deck of our mother ship with snide, nonproductive remarks like “I work a pure NA program” and “I get everything I need in this fellowship” and the one from a member with the most hubris I’ve ever heard in 30-plus years in NA: “If AA didn’t come along, I believe something else would have, and NA would still have started.” Personally, I thank God on a daily basis that I was born long after Doctor Bob and Bill W, and a few befuddled hopeless alcoholics miraculously found each other and floundered to a start. I, and probably many of you, would have died in the gutter but for that.

It’s time for NA to go from its raging adolescence to maturity. It’s time for us to simply stand quietly on our own feet and stop bashing AA and other fellowships. I have never heard members of other fellowships bash NA or wear a T-shirt that proudly proclaims “Pure _A member.” Let’s put our energy where it really belongs—in carrying the message to the addict who still suffers.

Nancy G, Arizona, USA

Editor’s Note: Opinions expressed are those of the writer, not of NA World Services or Narcotics Anonymous as a whole.
Why I serve

When we work to ensure the vitality of NA, we're not working just for ourselves but for those yet to join us.

It Works: How and Why, Tradition One

When I showed up, I wouldn’t even put the chairs away. I had an acute case of superiority because I didn’t use some of the drugs other people had. “Let the crackheads put away the chairs,” I thought to myself. I had a hell of a chip on my shoulder, but I was afraid to be alone, so I stayed for a business meeting with three other addicts. When the door greeter position came up, a member said, “I nominate that guy,” and pointed at me. My heart sank. I hated hugs and would rather have been the toilet bowl cleaner (if there was one), but I accepted the commitment anyway. I started showing up to meetings as soon as the door opened just to be around other recovering addicts because I couldn’t stand to be alone.

When I had about three weeks clean, I heard the man who was to become my sponsor speak. I got his number, called him, and he told me to meet him at his home group. When I got there he was setting up chairs. When I commented on this, he simply answered, “This is what we do.” I grabbed a chair and started helping. I haven’t stopped since. I used to wonder what the reward is for being of service. One day when mopping a meeting room floor for the thousandth time, I realized the reward is that I get to be of service and mop the floors.

Ivan P, Connecticut, USA

By the time I was 21 years old, I had spent my life feeling like I never belonged anywhere. I lived four years of my childhood in Honduras, where the official language is Spanish, which I didn’t speak. By the time I learned Spanish, I had moved back to the United States to a small farm town where everyone knew everyone—except me. At 17 I gave my first baby up for adoption, and the emotional pain of that experience led me to search for relief, which I found when I started using. But the source of my relief was quickly destroying my life and my spirit. When I found NA at age 21, I found a group of people who spoke both English and Spanish, who had also felt different and isolated, and who had experienced emotional and spiritual pain—and they had found relief that didn’t involve using drugs. They looked happy and serene. I wanted that. They welcomed me with open arms and showed me how I could serve and be a part of. I finally felt like I really belonged. I serve so that others can find the relief that I’ve found and so that they can find their home, too.

Heidi M, Tejas Bluebonnet Region, Texas, USA

I serve because of love, because through this tool I have found the real motivation to feel significant, and it’s the only way I can disconnect from my chronic self-centeredness and find the real freedom that NA gives me. Service is God’s will. In the Third Step I begin to depend on my Higher Power. In the journey from the Fourth Step to the Seventh Step, I develop a conscience about the mortal aspect of the disease of addiction through my defects. In Steps Eight through Ten, I begin to discover the responsibility of acting in a constructive manner in all areas of my life. The Eleventh and Twelfth Steps allow me to dig into what is my mission in life: “to serve in order to live.” Thanks, NA, because service has allowed me to feel alive and to free myself from the grip of the disease of addiction.

Yoel P, Surco, Peru

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Service Center

To increase awareness of some of NA's service resources and the ways they can help trusted servants, groups, and service bodies, we’ll be highlighting some of them here in The NA Way, along with links to additional resources.

What are SPs?

Service pamphlets, or SPs, are resources developed by the World Board (as directed by the 2006 World Service Conference) for use by groups, service bodies, and trusted servants. Although SPs are not intended to be read in meetings, they can be displayed on the group’s literature table for interested members.

An addict in our group keeps interrupting the speaker or person sharing…
Our group feels like he holds the meeting hostage.

I sympathize with parents who need to bring their children to meetings, but it’s really disturbing the group…

…she has gotten more violent and has been verbally attacking several people and making threats of physical violence…

Disruptive and Violent Behavior  NA groups occasionally experience challenges in maintaining an atmosphere in which recovery can be shared among addicts. This pamphlet addresses one of those challenges: disruptive or violent behavior in NA groups. The information is meant to help groups fulfill the responsibility of welcoming members without allowing an individual to threaten the safety of those attending a meeting. This SP offers examples and practical solutions that may help groups address these challenges.


You can read, download, and print all of the SPs at www.na.org/servicemat. To purchase SPs, contact NAWS Customer Service at customer_service@na.org or visit our online store at www.na.org/?ID=OrderLiteratureOnline-content.

Calling All Newsletter Editors and Committees

Does your area or region publish a newsletter?
Please let us know—and add us to your email/mailing list!

naway@na.org

The NA Way Magazine; PO Box 9999; Van Nuys, CA 91409
The online calendar at [na.org](http://na.org) and the *The NA Way Magazine* calendar page are available to NA groups and service bodies registered with NA World Services to share information about multi-day events. Usually, events occurring between *NA Way* publication dates are published according to the schedule below. To enter events or to access event details, visit [www.na.org/events](http://www.na.org/events).

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<td>15 October</td>
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**Canada**

- **Nova Scotia** 13-19 Jul; Annapolis Valley Area Pig Roast & Campout 26, Provincial Park, Blomidon; [www.carna.ca](http://www.carna.ca)
- **Ontario** 8-10 May; Ontario Regional Convention 28; Delta Hotel, Ottawa; [www.orcna.ca](http://www.orcna.ca)
- **Quebec** 20 Jun-11 Jul; Centre-Mauricie Area Camping; Chemin du Lac McLaren, St-Mathieu-du-Parc; [www.naquebec.org](http://www.naquebec.org)

**Croatia**

- **Trogir** 12-14 Jun; Adriatic Regional Summer Convention 9; Hotel Medena, Trogir; [www.na-croatia.org](http://www.na-croatia.org)

**Czech Republic**

- **Vranov** 5-7 Jun; Czech-Slovak Regional Convention 4; Spiritual Centre Vranov u Brna, Vranov u Brna; [www.anonymni-narkomani.webnode.cz](http://www.anonymni-narkomani.webnode.cz)

**Denmark**

- **Skanderborg** 31 Jul-2 Aug; Area Midtjylland Convention & Campout 8; Audicon, Skanderborg; [www.nakonvent.dk](http://www.nakonvent.dk)

**Germany**

- **Linkenheim-Hochstetten** 22-24 May; German Speaking Regional Convention; Burgerzentrum Linkenheim, Linkenheim-Hochstetten; [www.narcotics-anonymous.de](http://www.narcotics-anonymous.de)
- **Bremen** 12-14 Jun; Bremen 30th Anniversary Convention; Saint Pauli Gemeinde, Bremen; [www.na-nord.de](http://www.na-nord.de)

**Japan**

- **Fukuoka City** 24-26 Jul; Japan Regional Convention 11; Fukuoka Convention Center, Fukuoka-City; [www.najapan.org](http://www.najapan.org)

**Lithuania**

- **Vilnius** 16-17 May; Lithuanian Convention 11; [www.lietuvos-na.lt](http://www.lietuvos-na.lt)

**Portugal**

- **Vila do Conde** 30-31 May; Portuguese Convention 25; Teatro Municipal de Vila do Conde, Vila do Conde; [www.xxvcpna.org](http://www.xxvcpna.org)

**Russia**

- **Saint Petersburg** 17-19 Jul; Russia 29th Anniversary Convention; Sibur Arena, Saint Petersburg; [www.25na.ru](http://www.25na.ru)

**Switzerland**

- **Hasliberg-Reuti** 29-31 May; Swiss Convention; Chalet C’est la vie, Hasliberg-Reuti; speaker tape deadline: 31 May; [www.scna.ch](http://www.scna.ch)

**Tanzania**

- **Zanzibar** 21-23 May; East Africa Convention 3; Zanzibar Grand Palace Hotel, Zanzibar; [www.ea-na.com](http://www.ea-na.com)

**United Kingdom**

- **Aberdeen** 23-24 May; Scotland East Coast Area Convention; Hilton DoubleTree, Aberdeen; [ecscna@ukna.org](mailto:ecscna@ukna.org); [www.ukna.org](http://www.ukna.org)

**United States**

- **Arizona** 22-24 May; Arizona Regional Convention 29; Paradise Valley Scottsdale DoubleTree Resort, Scottsdale; [www.arizona-na.org](http://www.arizona-na.org)
- **Florida** 5-7 Jun; Gold Coast Area Convention 25; Heron Bay Marriott Resort and Spa, Coral Springs; [www.goldcoastna.org](http://www.goldcoastna.org)
- **Georgia** 19-21 Jun; Central Savannah River Area Convention 26; Marriott, Augusta; [www.csra.grscna.com](http://www.csra.grscna.com)
- **Illinois** 22-25 May; River Run 29; Forest Glen Preserve, Westville; [www.cppana.org](http://www.cppana.org)
- **Kansas** 3-5 Jul; Mid-America Regional Campout; Bloomington West Campground, Lawrence; [www.maruskca.net](http://www.maruskca.net)
- **Louisiana** 22-24 May; Louisiana Regional Convention 33; Best Western Alexander; [www.larna.org](http://www.larna.org)
- **Minnesota** 22-25 May Spiritual Refreshment; Fair Hills Resort, Detroit Lakes; [www.umnna.org](http://www.umnna.org)
- **Michigan** 2-5 Jul; Michigan Regional Convention 31; Sheraton, Ann Arbor; [www.michigan-na.org/mncna](http://www.michigan-na.org/mncna)
- **New York** 17-19 Jul; Serenity in the Berkshires Convention; [www.serenityintheberkshires.org](http://www.serenityintheberkshires.org)
- **South Dakota** 24-26 Jul; Mid-Coast Area Convention; Marriott Boca Center, Boca Raton; [www.mccna.com](http://www.mccna.com)
- **Virginia** 17-19 Jul; Piedmont Area Convention 33; Anderson Conference Center, Macon; [www.sites.google.com/site/pascna](http://www.sites.google.com/site/pascna)
- **West Virginia** 22-25 May; West Virginia Convention; [www.svwa.org](http://www.svwa.org)
- **Wisconsin** 22-24 May; Wisconsin Regional Convention 33; Best Western Lake View; [www.wisconsin-na.org](http://www.wisconsin-na.org)
- **Wyoming** 22-25 May; Wind River Conference; Snowy Range Community Church, Jackson; [www.wyoming-nwa.org](http://www.wyoming-nwa.org)

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**Montana** 19-21 Jun; Montana Gathering; Symes Hot Springs Hotel, Hot Springs; www.namontana.com

**Nebraska** 22-25 May; Run for Fun Campout 35; Alexandria Lakes State Recreation Area, Alexandria; www.nebraskana.org

**Nevada** 18-19 Jul; CAN Area Speaker Jam; Riverside Resort Hotel & Casino, Laughlin; www.canana.org

**New Jersey** 12-14 Jun; East Coast Convention 19; Georgian Court College, Lakewood; www.eccna.org

2) 31 Jul-2 Aug; Suburban Essex Area Convention 3; Hanover Marriott Whippany, East Hanover; www.nanj.org

**New Mexico** 14-17 May; Rio Grande Regional Convention 26; Marriott Pyramid North, Albuquerque; www.nirican.org

**New York** 5-7 Jun; Promise of Freedom Campout 7; Camp Scully, Wyantskill; www.thepromiseoffreedomcampout.com

2) 3-5 Jul; Manhattan Area Convention 2; Waldorf Astoria, New York; www.mascna-ny.org

**North Carolina** 29-31 May; Capital Area Convention 26; Raleigh Convention Center, Raleigh; www.capitalareancna.com

2) 17-19 Jul; New Hope Area Convention 22; Durham Convention Center, Durham; www.newhopeconvention.com

**Ohio** 22-24 May; Ohio Convention 33; DoubleTree by Hilton, Beachwood; www.ohioconventionna.org

2) 31 Jul-2 Aug; Greater Cincinnati Area Abnormal Weenie Jam; Kincaid Lake State Park, Falmouth; www.naohio.org

**Oregon** 15-17 May; Pacific Cascade Regional Convention 21; Quality Inn Suites, Clackamas; www.pcrna.org

**Texas** 22-24 May; Texas State Convention; Omni Hotel, Corpus Christi; www.tscna.org

**Utah** 5-7 Jun; High Uintah Area Celebration of Recovery 29; American Legion Hall, Vernal; event info: jim_tamie@yahoo.com

2) 19-21 Jun; Southern Utah Area Convention 8; Hilton Garden Inn, Saint George; www.nasouthernutah.org

**Virginia** 22-25 May; Marion Survivor’s Group Campout; Hungry Mother Lutheran Retreat Center, Marion; event info: mfisher71@hotmail.com

2) 31 Jul-2 Aug; Almost Heaven Area Convention 29; 4-H Education Center, Front Royal; www.car-na.org
NAWS Product Update

Laser-engraved Medallions
Slightly smaller than our current bronze and triplate, this laser-etched 1-1/8” stainless steel medallion is available in 1 thru 50 years, 18 months, and eternity.
Item No. 7500 series Price US $12.50

Farsi
Living Clean: The Journey Continues
پاک زیستن: سفر ادامه دارد
Item No. FA-1150 Price US $9.75

Arabic
IP No. 29
مقدمة عن اجتماعات زمرة المدمنين الجهولين
Item No. AR-3129 Price US $0.24

Finnish
IP No. 21, Yksin oleva – Puhtaana pysyminen eristyksissä
Item No. FI-3121 Price US $0.31

Chinese
IP No. 14,
接纳、信心与承诺~一位成瘾者的经历
Item No. CH-3114 Price US $0.24
IP No. 23, 在社会中保持不使用
Item No. CH-3123 Price US $0.24

Nepali
IP No. 15,
सार्बजनिक जानकारी एनए सदस्यहरू
Item No. NE-3115 Price US $0.24
IP No. 28, एनए की निम्न अर्थिक योगदान
Item No. NE-3128 Price US $0.35

Chinese (Traditional)
IP No. 11, 幫助關係
Item No. CT-3111 Price US $0.24
IP No. 14,
接納、信心與承諾~一位成癮者的經歷
Item No. CT-3114 Price US $0.24
IP No. 19, 自我接納
Item No. CT-3119 Price US $0.24
IP No. 22, 歡迎你來到 NA
Item No. CT-3122 Price US $0.24
IP No. 23, 在社會中保持不使用
Item No. CT-3123 Price US $0.24

Portuguese (Brazil)
Pesquisa de participação de membros
Item No. ZPRPB1001 Price US $0.30
Informações sobre NA
Item No. ZPRPB1002 Price US $0.30

Russian
IP No. 15, Служение "Связи с общественностью" (CO) и членство в AH
Item No. RU-3115 Price US $0.24

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Russian

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The NA Step Working Guides