From the editor

Today I had an email exchange with homegroup members about changes to our meeting format. It’s a Living Clean study, and the format has the leader invite members to read a paragraph, starting from his or her left. Someone in the group suggested deleting the “to the left” part, adding, “Who cares where we start?” Some of us never even thought of changing that bit, while others might have thought, “Why change it? It works fine the way it is.” Founding homegroup members probably know exactly why that particular language was chosen. It could be a random inclusion by the person who typed the original text; it might be based on the way the room was set up for the first meeting; or perhaps some would theorize that it was part of a hidden agenda of left-handed members who wanted to control the meeting.

Will addicts live or die based on our decision? Probably not, but the interaction made me think of the service focus of this NA Way. This small discussion will contribute to the unity and strength of our home group, where we carry out NA’s primary purpose. Our discussion is an example of NA’s spiritual principles in action. Each member is heard and feels a part of the process. We invite a higher power into our conversation, work together in unity, and respect all ideas and input. We approach even this simple topic with open minds and hearts. We are willing to honor and learn from the trusted servants who have gone before us, while welcoming newer members and fresh voices. Some will set aside their opinions, accepting the conscience of the group. Yes, it’s a small topic, but what we gain when we serve guided by spiritual principles is immeasurable.

De J, Editor

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Click here for more on the WSC 2014 idea tree.

Cover photo: An idea tree is drawn by attendees at many NAWS events as a place to share thoughts, comments, and ideas. The WSC 2014 idea tree sprouted more than 60 “leaves” on topics like communication, WSC decision making, training, and more.

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.
G’day from Australia; my name’s John and I am an addict. Today I received a gift of some recovery CDs from a friend in the US. It explained and verified a few things I’ve been aware of for a while but had put to the back of my mind. At 24 years clean, I know a bit of “stuff.” One thing is that over the years, denial can become more subtle.

I have a bad liver—yeah, cirrhosis (consequences) and the dreaded hepatitis C, and now type 2 diabetes, which all lead me to a place of being unwell. Yesterday I saw my specialist and got more disturbing news. Friends of mine here in Adelaide, South Australia, ask me how I am and I answer, “I’m powerless over this stuff; all I can do is look after my diet, stay in the here and now, etc.” But what really happens is that I’m detaching from my confusion, frustration, and even anger about not feeling well. Like, I didn’t get clean for this, right?!

Using causes suffering, and if you are even contemplating going out there, then please try to think of the consequences.

I’m at a point in my life now where I am looking at service in many ways to help anyone I can. Through my experience in NA service, I’ve found so many ways of how great it is to help others. One of my first experiences was when my father died when I was 17 months clean and I was confused and grieving the loss. I had returned to my family’s farm and then realized I would be sleeping in the bed he died in! I phoned my sponsor in Sydney and he said, “Make ya mum a cup of tea.” I wanted to know what steps to work, what prayer to say. He repeated, “Make ya mum a cup of tea.” When I started to make her tea I wondered how many sugars she took, weak, strong, how much milk? Weird little changes like that have aided my recovery. I started thinking of my mother instead of myself.

So now I am about to go and volunteer at an orphanage in Cambodia. I know this will change my life; I need it right now. I will take in the Bali NA convention, and I have many phone numbers of friends I got clean with who now live in Southeast Asia. After that, I’ll return to Scotland and Europe, where I traveled for five years between my eighth and thirteenth years clean. Ahh, recovery—no more just dreamin’; I’m livin’ it.

I was destined to be found in a skip bin [garbage dumpster] days after my death in the back streets of Kings Cross, Sydney, as was the lot of so many of my acquaintances. Now it feels my destiny lies in being of service. With that in mind, I can only have gratitude for this worldwide NA Fellowship, even though I am just a wee bit crook at the moment (see, I’m still detaching). That service has included starting five meetings here,
attending the area service meetings, going to jails/detoxes, doing “recovery on wheels,” welcoming newcomers, and still showing up at the meetings where I got clean. I may need a twelve-step fellowship to stop me from service. (grin)

I hope I get to meet a lot more people on my travels and, with their permission, post the photos of meetings throughout Asia on Facelessbook. Many thanks for allowing me this new life and the experiences I’ve felt, good and bad; out of all bad comes good.

John C-S, Adelaide, Australia

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**Basic Caption Contest**

Thank you to everyone who participated in the Basic Caption Contest. The winning submission is from Jim L, (Florida, USA):

His sponsor told him he’d need to learn to re-tie his shoes. Too bad he can’t remember where he left them.

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And here are some other notable entries:

Dog # 1: Spinn, If only he’d give up using and join NA, he’d be awake and enjoying life.

Dog # 2: Yeah, Flo, I agree.

Ashwin L, Bangalore, India

It’s ruff!

Hector B, California, USA

Here we go again—no walk today.

Wilson A, Newfoundland, Canada

While you are sleeping in your disease, the dogs of addiction patiently wait.

Jennifer L, Pennsylvania, USA

At the stage of desperation before coming to NA

Keshav B, Iowa, USA

They say if he can take care of a plant for six months, then an animal for one year, he will be able to handle a relationship with a human being. It sure doesn’t look like he’s ready just yet!

Lucie P, Quebec, Canada

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**WCNA 36**

11-14 June 2015 Rio de Janeiro, Brazil

Brazil in June will be a fabulous locale to celebrate our recovery! We hope you are planning your attendance. We have not been able to finalize arrangements due to Rio’s hosting of the World Cup, but we will relay information just as soon as we can. Please subscribe to WCNA updates at [www.na.org/subscribe](http://www.na.org/subscribe) to receive the most current information. We are looking forward to seeing you all in Rio in 2015!
Faith

So this time last year, I was in my second week of being back in my flat after renting it out for a year and moving back in with my mother. We’ve just celebrated Mother’s Day in the UK, so I am not going to do the shudder, hand-to-forehead, eyes-rolling, head-shaking, puzzled expression that I usually do when reminiscing over the year I spent living back with my mum. That is not the point of this article.

The point is that I have been in this space before. I don’t mean literal, physical space, as in my flat; I mean this spiritual space. You see, last year (shudder, couldn’t help it), two months before moving back into my flat, I was on the floor. I had an operation and Mumsey Dearest said that I should stay with her for two weeks to recover. My best thinking said, “I know what we should do: We should rent out the flat, move back here, save some dosh, and be all cozy up in Mum’s house…can’t lose!” I could see Mum was not as enthusiastic as me, but puh! I know best…right!? So about a nanosecond after signing a tenant up for a year and moving all my things out, I had a vague inkling of doubt; but my thinking said, “Cha-ching! Think of the money! And home-cooked dinners would be fine.” Five months down the road, we were both pulling our hair out. Nine to ten months down the road, World War 3 was about to break out. I needed my flat back, and quick.

A year before this, my relationship with my Higher Power was at rock bottom. To be honest, I am ashamed to say the only time I communicated with it was in anger about why this or that wasn’t happening in my life the way I thought it should. I was very lonely, and not just romantically, but just lonely in general. I was around seven years clean at the time and wondering what it was all about, talking myself out of going to meetings, and listening to the differences and not the similarities when I did go. My concept of a Higher Power had changed. When I first came in, it was the rooms, the steps, and the power of the group, but now I needed something that came home with me that existed within my four walls. It always did, I guess; I just needed to contact it, which I wasn’t doing. After realizing my back was against the wall and someone advised me to read Step Six in the Basic Text (the step I was on at the time), I recommitted to my recovery and to developing a relationship with my Higher Power—conscious contact and all that. After a few simple steps and a remarkable speaker at the London NA convention, I found myself back in the middle of recovery and having the most amazing time—apart from the shudder, hand-to-forehead, eyes-rolling, head-shaking, puzzled expression thing that I was experiencing at my lovely mum’s house.

So there I went, on the eve of World War 3, to the estate agent’s office, who was so enthusiastic when I first approached her about renting out my flat, but who now sounded blasé about evicting the tenant, and who single-handedly aged me overnight by putting the fear of God-knows-what in me when she said if the tenant did not want to move out, there was nothing I could do about it. Nothing, as in nothing, nothing? As in powerless nothing!? Yep. She said nothing, nothing. I was up until 5:00 in the morning wondering “What if this?” and “What if that?” and blaming my mum for saying I should stay two weeks in the first place, and making a badass roast dinner and chocolate cake for dessert.

I could do nothing but ask for my Higher Power to help me. I went somewhere the next day, where, amongst other things, they played good music and said prayers for people. I didn’t say a word to anyone or ask anyone to say anything for me, and this
woman was standing on a stage in front of 1,000 or so people and she was reading out these prayers that people had submitted, and the first prayer read out was for someone who was praying for a solution to an accommodation problem. Did hairs stand up on the back of my neck, or what?! Coincidence? I like to think that my Higher Power was answering my prayers of the night before. Just like it says in Step Two of the Basic Text, “As we begin to see coincidences and miracles happening in our lives, acceptance becomes trust. We grow to feel comfortable with our Higher Power as a source of strength. As we learn to trust this Power, we begin to overcome our fear of life.” After that little coincidence, I kept saying to myself, “God’s got it. Yeah, but . . . God’s got it!” I replied in my head over and over and over. I knew that whatever happened, I could not afford to act out of fear or I could trigger my tenant’s fear. (She had two small children to look after, she needed a home just as much as I did.) I asked her to move out a month early, if possible—and sat with the anxieties, and basically prayed my arse off and trusted that God had it. Just keep coming, and anything!

When I keep coming back, one of the benefits is the opportunity to do the next positive thing for myself and my recovery—go to a meeting, call my sponsor, read some literature, say a prayer, go for a walk. If I’m not going anywhere for the moment, I might as well do something that might help ease the pain, clarify the confusion, or just help me not get high. I love that moment when I look back and see that I didn’t get high and did the next right thing. I got through it and I felt better. It really does work if you work it.

Faith. The dictionary definition is something like “trust or confidence in a person or thing; belief that isn’t based on proof.”

I have proof. Moving back into my apartment with ease and no drama is proof for me. My Higher Power and I, we went through that together. And if belief that isn’t based on proof is faith, then I have trust because I have the proof—and I am staring at my screen nodding as if you can see me, which you can’t, but hopefully you know what I mean.

Ann-Marie A, London, United Kingdom

Just keep coming

It’s a suggestion that was always frustrating to me because of its vagueness. Just keep coming back—and what? But now I realize that that’s the beauty of it: Just keep coming, and anything!

And then there are the long-term benefits when we just keep coming back—the millions of moments when I just didn’t get high add up to years of experience and growth. I thought I would never get over the guilt I felt in early recovery or the sadness of my mother’s death. I thought my painful character defects would be with me forever. Changing jobs, losing a friend, or making a mistake at work would send me into a tailspin. So many things that seemed insurmountable in the moment became the foundation of who I am today. I learned to live in the moment, trust the process, and let the miracle happen.

And that’s the real beauty of it. If I just keep coming back, I get to grow into the person I’m meant to be. I hate to scare people, but I had years of confusion and discontent in recovery. I had read the Fourth Step and I thought it said we were going to get rid of that stuff, so I was very frustrated to still have it. I thought I was the only one wrong with me. Well, I reread it and it says we’re going to sort through it, and it doesn’t say it’s going to happen overnight. The steps and the tools of Narcotics Anonymous are the keys to my growth and change, but there’s no quick fix. I have to keep coming; practice patience, trust, and acceptance; and allow the process to happen. I’m so glad I did (even though I was white-knuckling it at times) because I am mostly not confused and discontented anymore, even if it took years of sorting.

So the perspective of time is another benefit of “just keep coming
back.” Mountains become molehills. Things we thought would never change, whether they’re outside situations or personality traits, do. We come in as kids (no matter what our age) and grow into mature adults. Not everything can be fixed by work and determination; some things just take time. So when I hear someone share in a meeting, “Why am I still like this?” “Why do I still feel so bad about myself?” “Why can I still not get along with my mother?” I tell them to just keep coming back. The change is slow and gradual and often painful, but it’s also ongoing and rewarding and awe-inspiring.

Through all my highs and lows, I just kept coming back. I’m so proud that I stuck it out, so amazed with the results, and so lucky to be a part of Narcotics Anonymous. I hope you’ll just keep coming back, too!

Nancy S, New York, USA

HOW

When I made the decision to get help with my addiction and to change my life, I also made a decision to identify the things I did that didn’t work for me. After all, my best thinking was what got me to the program, as some people say. If I did what I had always done, I would continue to get what I had always gotten. I desperately sought help to identify the behaviors and thoughts that hindered my life and had become character defects. I was told early in recovery that when I point my finger at another, there are three fingers pointing back at me. Focusing on me was—and is—the only way for me to grow in recovery.

The most important part of recovery to me is the HOW: honesty, open-mindedness, and willingness. Honesty means not just telling the truth, but addressing the behaviors and thoughts that create dishonesty within. I found honesty to be the hardest because I was a compulsive liar, and I lied to myself more than anyone. The first speck of honesty I found was that I was dishonest about stupid stuff. Getting honest came in stages, and they were pretty small stages at the beginning. As my desire for recovery grew; I learned that honesty is about facing what I do not like and dealing with life. The idea of living life on life’s terms was foreign to me when I started my recovery, but avoiding life is not an option. While I still struggle with complete honesty, I learn constantly about how important being honest with myself is to my recovery and my growth.

While I may not be as honest as I would like to be with others, I try very hard to be honest with myself.

Open-mindedness, for me, means listening even when I don’t want to. I often laugh when I hear someone at a meeting say, “I keep hearing the same thing at every meeting I go to.” I believe the reason this happens to me is that I’m not open-minded enough to see that the message applies to me. I have tried to make a practice of finding something informative from everyone who speaks at meetings. Open-mindedness to me is listening; sometimes it’s hearing things I can apply in my recovery, and sometimes it’s hearing what not to do from those heading back toward using. My desire today is not to use no matter what.

My mind is very busy. I have a hard time easing the chaos; however, when I listen to others—even when I get only part of what they say—I have a chance to change where I am and learn something. I believe a good part of step work is listening and applying what those who have gone before us have done. I truly believe that my journey in recovery is to follow in the footsteps of those who have gone before me rather than create new footsteps. Living in Wisconsin has given me a vision of walking in the snow and knowing how much easier it is to get through a snowdrift in someone else’s footsteps rather than trying to make new ones. I think that is why the experience of others means so much to me, because I don’t need to create new ideas; I need to use the ideas of those who have gone before me.

To me, willingness is at the heart of recovery. Willingness is that decision I made to not use, no matter what. I need willingness to listen, to change, to seek a better way to live, to recover. Willingness came very easily to me because years before I got into recovery, I was willing to change; I just had no idea how to do it. I am willing to do whatever it takes to find recovery. For me, that has meant getting honest even when it hurts. I found willingness when I opened my heart enough to hear an alternative to the chaos in my head. When I combine willingness with open-mindedness, I am given an opportunity to hear and see what others have done in recovery. I have an opportunity to accept a different way of living that has worked for others. Willingness and open-mindedness together help me understand unmanageability, insanity, and faith.

The success of recovery comes when I take my willingness, combined with open-mindedness, and then add honesty. Willingness and open-mindedness allow me to hear and listen, but honesty allows me to apply what I hear and address the changes I want to make. Change comes, for me, as I recognize the unmanageability and insanity of my life and want it to be different. Change only happens when I am willing to make a change; no one else can impact me unless I want them to. No matter how much clean time I accumulate, the HOW of the program drives my recovery.

One of my favorite parts of the HOW is the way it has allowed me to grow in my faith in God. I have taken great joy in educating myself about God. I have learned of the person, the promises, and the desires of God. I have struggled a great deal with defiance and questioning authority. One of the things I was taught early in recovery is that we all have a God-sized hole that we have been trying to fill with everything except God. Today I am trying to fill that hole with God.

Finding simplicity came from repeatedly reading and listening...
When I began my recovery in August of 1989, I struggled to work a program. I did step work, saw all the differences, and kept trying to jump into snowdrifts that were much too deep, but I hung onto one thing: Don't use, no matter what. There were so many sayings that I would remind myself of throughout my day, such as Keep it simple, sweetie; Stick with the winners; and Don’t give up before the miracle happens. As I worked steps, I began to understand how much my thinking drove me to the snowdrifts. Finding simplicity came from repeatedly reading and listening to the readings with which we begin our meetings.

My choice today is to stay out of the snowdrifts and not think too much. Every day I remind myself I am 99 percent there when I have honesty, open-mindedness, and willingness, because with these, the steps are easy and I want to do them. Try doing step work without the HOW, and you will see.

When I began my recovery, people talked about and prayed for serenity. I had no idea what it was or how it felt. Being educated didn’t really help; it was a whole new concept. Today I have serenity and I believe it comes from simplifying things. By simplifying my approach to recovery with HOW, I am assured of another day clean and a bit of serenity.

Alice H, Wisconsin, USA

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A parting gift

I wanted to share with you how I use the just for Today Daily Meditation Cards. I work in an addiction treatment program, where my job is to develop aftercare plans for every patient who completes our 30-day program, most of whom live out of state. Upon discharge, each department gives each client something to take with them on their new journey. I chose the JFT cards because they are simple, easy to carry on a flight, and have profound meaning. We purchase the Daily Meditation Cards box set, and as you can see in the photo, I attach one card to the aftercare folder for each client. Thank you, NAWS, for those little things we can use at home and work just for today. (Yes, I am an NA member. I am from the Greater Mojave/Lower Desert Area, which is part of the California Inland Region, and I am the regional delegate for my region.*)

Giner L, California, USA

*Editor's note: written in 2013
Traditions Book Project

The 2014 World Service Conference adopted a project plan for 2014–2016 that includes creation of a workgroup, actual drafting of the book, sending out draft material for review and input, and publishing an approval draft.

Goals for 2014–2016 Conference Cycle

There are two main types of input we are seeking for this project. The first type, which we have been collecting since WSC 2012, is considered “front-end” input. This is the material that will help shape the initial draft material. The second type is input that members provide in response to initial drafts, which will help to refine the material into an approval form.

With that in mind, we ask that N/A communities continue to have input-gathering workshops using the 20-minute mini workshops and the full 90-minute workshops.

Deadlines for front-end input will be as follows:

- Tradition One ......................................................... 31 July 2014
- Traditions Two through Seven .............................. 30 November 2014
- Traditions Eight through Twelve ................................. 31 March 2015

Feedback from members will be collected during three periods of Fellowship review and input:

- Traditions Two through Seven ......................... February–April 2015
- Traditions Eight through Twelve ....................... May–August 2015

Outlines for the Tradition Book mini workshops are available at www.na.org/traditions.

We welcome your feedback and ideas at http://disc.na.org/trads and worldboard@na.org.

Thanks for participating!
32nd World Service Conference:
The Ties that Bind Us Together

2014–2016 Projects

All of the project plans defining each project’s purpose and scope presented at WSC 2014 for ongoing and shorter-term projects were approved.

Fellowship Issue Discussions

This is an ongoing project that includes development of issue discussion topic workshop session profiles to help facilitate exploration of topics important to our Fellowship. Among other topics, this cycle’s IDTs will include a focus on welcoming all members to NA, which is geared toward groups; introduces the newly approved IP #29, An Introduction to NA Meetings; and covers the Third Tradition.

Service System Project

Three motions were offered to agree in principle to move forward in the direction of a service system that includes group support forums, local service conferences, and local service boards. Each of these motions passed with at least two-thirds support after discussion led to amending the motions to specify that the SSP options will be “included in A Guide to Local Services as an option along with our current service units.” A project plan to move forward with the next steps of the Service System Project was also approved. NA World Services will be developing tools to assist NA communities that choose to implement service system ideas like GSFs, LSCs, LSBs, planning, mentorship, group support, consensus-based decision making, project-based services, and so on. NAWs will continue to collect input on how these ideas are being used, and we hope to create opportunities for communities to share their experiences, perhaps through webinars. We will continue to provide updated information and resources on the project page at www.na.org/servicesystem, and as NA communities begin to utilize these options, please share your experience by writing servicesystem@na.org.

Traditions Book Project

Continuation of the Traditions Book Project was supported, and work is moving forward. Following the WSC, a nine-member workgroup composed of members from around the world was developed, and their first meeting was held in June. This cycle includes drafting the book, seeking review and input, and developing an approval draft for inclusion in the 2016 Conference Agenda Report. Input gathered since 2012 will be used as source material along with additional material to be solicited in webinars, workshops, and the project discussion board (http://disc.na.org/trads). The first review and input release is expected in October 2014. It takes an entire Fellowship to

Planning our future

Our ongoing conversation about the purpose and makeup of the WSC led to five sessions called “Planning Our Future.” Conference participants worked together to consider where we’ve been, where we are now, and where we are headed. The initial session covered historical highlights and a glimpse at the World Board’s strategic planning process. Sessions two, three, and four were held in small-group discussion breakouts in separate rooms, focused on the needs of NA, why we come together, and options for the future. Each small group documented its discussion and agreements on large sheets of paper, which were displayed on bulletin boards for everyone to view. All input was synthesized between the sessions, providing foundational material for the next discussion.

It was striking to everyone how much agreement there was among the five breakout rooms despite there being no conversation among them. There was general agreement in each breakout room that the best way to meet the needs of NA in a future worldwide service body is through zonal representation and a meeting of a worldwide body held every two to three years. Within the general agreement, there were varying ideas for zonal composition, election of board members, functions of a zonal body, and use of virtual technology in between worldwide body meetings.

The fifth and final session brought all conference participants together for summary reports from each of the breakout groups, followed by small-group discussions to consider “Where do we go from here?” These conversations included principles of courage and open-mindedness; the need for a planning process; formation of a workgroup to carry forward the ideas identified; use of technology; and involving members, groups, and service bodies in discussion of these ideas through workshops and other forms of communication. While many ideas were agreed upon, the purpose of these sessions was not to make any concrete decisions. All of these thoughts were captured, and conference participants will carry these ideas back to their regions for further discussion and input.
Public Relations Projects

Much of what we call “public relations” is considered essential services; however, during this cycle we intend to encourage more collaborative PR efforts and, depending on resources available, we plan to bring together professionals in related fields to engage in discussions about NA. Additionally, we hope to develop a PR pamphlet for professionals that addresses medicalization of addiction treatment and NA’s Third Tradition.

These projects represent a fair amount of work, and there are still the continuing responsibilities of reporting and gathering feedback, fellowship development, and travel, along with other ongoing NAWS work. Our ability to achieve these tasks, as we frequently report, depends upon available staff and financial resources. Our members are a very valuable resource in helping us complete Conference-related projects. If you are interested in participating or you know someone who may have a desire to help, please submit (or update) a World Pool Information Form at: www.na.org/hrp.

Decision-making

Many other discussions and decisions occurred during the course of the week-long WSC, including determinations on motions and proposals, and the way the Conference conducts its business.

Several proposals were submitted as input to the World Board, including ideas regarding CDBM, PR project plan items, CAR and CAT matters, GWSNA, and WSC procedures. One approved proposal establishes a virtual workgroup to develop a WSC 2016 session to provide a time and place for RDs to interact and foster unity. Another proposal approved WSC seating for the Dominican Republic Region.

Two old-business motions failed to gain the body’s support. Motion 2 asked for seating of only regional delegates at the WSC, and Motion 3 moved that full funding by NAWS to the WSC for delegates be discontinued. These motions were offered in consideration of long-term NAWS financial sustainability. Some regions already fully fund their delegates’ WSC expenses, including some that fund both the RD and RDA.

Every conference cycle, A Guide to World Services in Narcotics Anonymous changes based on WSC decisions. Several current changes modify language regarding how the Conference operates, especially related to consensus-based decision making, motions and proposals in the CAR, and outdated policies.

IP #29: An Introduction to NA Meetings was approved and will be produced as soon as possible so our members can have access to this informational pamphlet. (Coming soon!)

Drafted GWSNA changes will be sent to conference participants for a 90-day review.

The WSC continues its endeavor to make more decisions through discussion and consensus building rather than debate and parliamentary procedure. The Conference seems to be looking for ways to make more decisions outside of the restrictions of formal business. To that end, we have been experimenting with using proposals, an experiment that will continue with new business proposals. Lengthy discussion sessions before formal business allow exchange of thoughts and ideas on each proposal or motion and may result in agreed-upon changes or preliminary or final decisions. Formal business sessions use WSC Rules of Order and formalize decisions on motions previously discussed. Some decisions are also made or confirmed in a session held the final day of the WSC to ensure that everyone is moving forward with common understandings. The Board will continue working on ideas for ways to forward, consider, and evolve ideas for discussion. The Board will seek input from regional delegates, and will create a virtual workgroup this cycle that includes current or recent conference participants.

More detailed WSC 2014 information is available in NAWS News and at www.na.org/conference. Please check the World Service Conference webpage, as it is updated regularly.

Election Results

WSC Cofacilitators
Laura B, Rio Grande Region

World Board
Junior Odilson Gomez B, São Paulo Region (Brazil)

Human Resource Panel
Sherry V, Central Atlantic Region
Michael B, Volunteer Region

Fellowship development

NA now speaks 77 languages in more than 63,000 weekly meetings in 132 countries all around the globe, and yet, we have a long way to go to fulfill our vision. We continue to provide free and subsidized literature in our 45 published languages, and we now print materials in more countries so that, instead of being blocked by customs and duties, NA literature makes it into the hands of members where they live. This session gave an overview of fellowship development of the past conference cycle in our efforts around the globe. A few highlights are included below. Please see the latest issue of NAWS News, which includes many more details.

North America

- Interaction with the Canadian Assembly of NA reinforced the effectiveness of PR efforts in Canada.
- WCNA 35 was host to the largest NA meeting ever held: For the Unity Day meeting on Sunday morning, we had 18,000 in the room and nearly 10,000 through telephonic hook-up.

Latin America

- Brazil has experienced incredible growth, which has inspired them to have national zonal forums and to provide ever-increasing services.
- At WSC 2014, Latin American and other Spanish-speaking NA communities’ delegates received sample copies of Vivir limpios: El viaje continúa—the first translated version of Living Clean: The Journey Continues—the result of a diligent cooperative effort by the LAZF, translators, and NAWS.

Middle East

- Communities here continue to work together to develop literature and grow NA. Several Middle Eastern NA communities participate in the Asia Pacific Forum and two are part of the European Delegates Meeting.
- The needs of women seeking recovery in the Middle East continue to be heartbreaking, but still, progress is being made slowly, but surely.

Asia Pacific

- One of the most important developments in this part of the world is establishment of a literature distribution site in Bangalore, India, which significantly increases availability of literature in the zone.

Eastern Europe and Russia

- Translations and human resources in Eastern Europe are dedicated to helping the area grow. There are five regions now (Western Russian, North-West Russia, Ural and Eastern Siberia, Siberia, and Far East), with more than 1,300 meetings/week.
- Kazakhstan has started growing with NA members and may eventually become a region.

Europe

- The EDM is a remarkable example of consensus-based decision making and fellowship development.

Africa

- South Africa has a well-established community and East Africa is growing. NAWS facilitated workshops at the first East Africa convention (EACNA) held in Tanzania in May 2013 and at the South African convention in October 2013.
- Prior to the first EACNA in 2013, NAWS facilitated a workshop bringing together members from eleven African countries. They formed the Afri-Can Zonal Forum. The AZF will most likely meet again in November 2014.

We all “know” NA is worldwide, but in the WSC fellowship development session, we see and feel the ties that bind us together—through photos, detailed reports, and the personal encounters of one addict touching and helping another. What it takes for NAWS to be effective on your behalf is communication. Write to us and we will respond (worldboard@na.org). The fruits of today are often the result of FD seeds sown years ago.

First European Service Learning Days

This event started from a regional delegate’s idea, which was formed into a proposal to the EDM,* which led to formation of a workgroup. The workgroup discussed different ideas on what this event should be, and we also looked into similar events held in the United States.

European Service Learning Days will be separate from the formal business at the EDM, solely focusing on service and helping NA communities grow. The EDM has a long and strong history of fellowship development, especially supporting developing NA communities. We believe ESL will be FD in its purest form for members providing NA service to learn, train, and share experiences in areas such as translations and PR. That means RD attendance is not specifically necessary.

Needless to say, every member is welcome, but if regions are sending participants, likely attendees will be coordinators/ chairs and members of workgroup or subcommittee. We will also work on how EDM FD can fund smaller communities that can’t afford to come, since the main purpose is to do FD work.

The first European Service Learning Days will be held in Berlin, Germany, 3-5 April 2015. For more information, visit our website, www.edmna.org.

*The European Delegates Meeting (EDM) is a zonal forum made up of geographically related communities of multi-lingual and multicultural NA communities inside and outside of Europe.

NA WORLD UNITY DAY

30 August 2014 — 10 am pst

The message is freedom, and the ties that bind are pure love.

Living Clean: The Journey Continues
Chapter Two—The Ties That Bind

Inspired by the ties that bind us together, we will join together to reflect on our worldwide Fellowship and the addict who still suffers. You may have an event, join together with friends, or just take a moment to yourself as NA members around the world share the Serenity Prayer on this day of unity. No telephone link, no big event—just a moment and a prayer.

Visit www.na.org/nawsevents

Visit www.na.org/nawsevents
Why I serve

Unity is the spirit that joins members around the world in a spiritual fellowship that has the power to change lives… In the unity that grows in trust, we are ready to work together for our common good.

The 2014 World Service Conference first came together as a community on Sunday, 27 April 2014. In small group-discussions, conference participants shared about their unified purpose and the spiritual principles of Tradition One—surrender and acceptance, commitment, selflessness, love, anonymity. Then, inspired by a fellow member’s sharing entitled, "Why I Serve," the room was completely silent as trusted servants from around the world reflected in writing on the reasons they serve.

I started serving just to become the best and most recovering young addict in Sweden. I wanted to be famous! Through working the Steps, my motives have changed. I have many reasons to serve, and they are mostly selfless. One day I will have kids and I want them to have the best possibility to get clean if they start using. I also serve to spread love in a world where I used to spread hate and violence. The love I get from you guys is not mine to keep!

Jimmy E, Sweden Region

I believe it is more meaningful to express concerns or complaint if I am actually participating, offering myself up to the cause, and offering whatever input I am inspired to moment by moment….Being in service is directly correlated to feeling I belong here. The less I serve, the less I feel I belong, and the more I serve, the more fully I recognize my membership.

Laren C, Northern New England Region, USA

Today NA is growing a lot, but the growth of service does not follow this growth. One day, I want to see a group with more servants than needed, with a waiting list of servants.

Nelson L, Brazil Region

Service has taught me so much about NA and myself, and has done for me what I couldn’t do for myself, and that is being in touch with the world around me and learning how to deal with the world in more positive ways.

Gila P, Israel Region

I’ve often heard, “I serve to stay clean,” with which I agree, yet I take it further by saying, “I stay clean so that I can serve.” Early on I learned that service work will keep us clean, but for me being clean keeps me serving. They are synonymous, interchangeable, and essential. I cannot have one without the other…so this is why I serve.

Bonner S, Washington/Northern Idaho Region, USA

The amount of personal growth I have received from serving our Fellowship is unbelievable. I get to learn how to keep my fellow servants’ needs and opinions equal to my own. I get to learn to disagree without being disagreeable, and I can carry all of this into my relationships with my family, friends, and coworkers. NA has given me a life worth living.

Deb N, British Columbia Region, Canada

Service helped me to stay in NA, and it also gave my life a sense of purpose during those difficult moments when my cleantime and my life were at risk. Why do I serve? It’s an easy question to respond to, but it’s not easy to understand: I serve to live.

Manuel G, Costa Rica Region

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Deb N, British Columbia Region, Canada
I am of service because today I understand that the willingness other addicts had by keeping the group open saved my life. Today I understand why service is the greatest expression of willingness, because willingness is the base of the pyramid that carries me to freedom. If the base is not solid, my freedom won’t be strong.

John F, Panamá Region

When I serve with you, you teach me. When I hear something in a consensus-based decision making discussion that moves me off my position, I am convinced that the God that understands me has just moved me. We serve each other and a greater good than I could never understand on my own... I need your love and guidance, so I serve and you teach me.

Jayne S, Colorado Region, USA

I will never be able to repay Narcotics Anonymous for what has been given to me, but I am committed to trying. This sense of obligation keeps me involved and it keeps me humble. This is why I serve.

Robert O, Mountaineer Region, USA

Serving this Fellowship is a gesture of love, respect, and gratitude. It is to know that I can look into the eyes of an addict as he looks into mine and we recognize ourselves as fellows.

Francelle FS, Brazil Region

After three years of being clean, I went to a meeting that wasn’t my home group. After the meeting, a man told me that he heard me as a speaker in the hospital when I was on an H&E panel. He is now clean for a year and serving in H&E. This is why I serve.

Ashraf M, Egypt Region

My sister brought me to my first NA meeting; she was my rock. At seven and a half years clean she relapsed. She has never been able to put together more than a couple of years since then. I continue to serve in the hope that I can help to keep a seat open for her.

Reed H, Alabama NW Florida Region, USA

Today my spirit of service is to practice unity and seek points in common with other serving NA members. This kind of spirit gets me positive energy that I carry to my NA community and that broadens my life.

Paola C, Italy Region

“You have to give it away to keep it” is a tough idea to bend my mind around. It’s selfish, yet so selfless at the same time. Like so many other things in NA, I don’t have to understand it; I just have to live it... There is no way I can fully work a Ninth, Eleventh, or Twelfth Step in my life without being of service to others.

Kevin K, Buckeye Region, USA

I believe the NA program is service-based therapy. There is no real recovery without service. It’s a program just for today. Steps, sponsorship, and meetings are what I can do today. My effort to stay clean is just for today. Service is for the future. When I take a commitment, I promise that I will do something in the future. This way, I can ensure my future freedom from addiction. Service is my Ninth Step. This is why I serve.

Igor K, Western Russia Region

I serve because of the freedom, integrity, love, sense of unanimity, respect, and acceptance I finally found in Narcotics Anonymous... I serve because I’ve learned how to accept others, how to be with others, how to lose, and how to let go. I serve because I love Narcotics Anonymous. I serve because I can dream again, and that is a miracle!

Panos P, Greece Region

I look back at all my major growth points over the years and, without exception, the stepwork and some element of service have given me my life... everything I do in NA service is tied to the meetings being there for the addict yet to come.

Russel G, Utah Region, USA

I serve because service plays an essential role in my personal recovery. Through service, I implement the spiritual concepts and principles of NA in my daily life. NA gave me my life again, and I am able to help to keep a seat open for her. I continue to serve in the hope that I can help to keep a seat open for her.

Houman H, Iran Region
I was always thought of as that guy who wouldn’t amount to anything, who would continue on a path of self-destruction until his ultimate demise. There was no hope for me. I believed I was destined to die a using addict, and that was my lot in life. I wound up in the hospital with a realization that something had to change, that I couldn’t go on this way or I would surely die. Some folks shared with me that I no longer had to live this way, that there was another way. It was then that something profound occurred; a willingness to try something different came over me. It’s this experience I try to recall when carrying the message to others. You never know what small window of opportunity will present itself and someone’s life will change, just as mine has. That is the reason I serve, so others have this life-saving message available to them when they are ready to hear it.

Jim B, Chicagoland Region, USA

I was told the reward for doing service is the act of doing service. I didn’t understand that at first. I thought it was about being important and useful, having a title. When I started to do service for the right reasons, I began to understand. It wasn’t about importance or titles, it was about carrying the message and the feelings I felt as a result.

Richard H, Ontario Region, Canada

When I worked my first Eleventh Step, I was asked what my desires were for my life. I answered that I wanted to be a good mother, friend, wife; to be a responsible and caring human being; to apply gratitude in my occupation; and many other things. My pen was moving so fast and my thoughts just poured out; and then I wrote “to have joy in my life,” and I began to cry. All of the years trying to be perfect, to gain acceptance of myself, trying to find peace, and it all came down to that one moment when I realized that I deserved to have joy in my life. As I wept in the moment of that realization, I found the peace and self-acceptance that I always wanted. I want addicts still suffering inside and outside of our rooms to know that peace. That is why I serve.

Donna Lee P, Central Atlantic Region
Picture this

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.

Nunca Más Solos

I want to share with members around the world that in this very narrow region of Chile, we have our group, Nunca Más Solos (Never Alone Again), which opened its doors on 28 June 2009. It is located in Santiago de Chile, near the town of La Farfana. Our home group holds meetings on Monday, Thursday, and Sunday from 8:00 to 10:00 pm. The group has a solid infrastructure that is intimate and autonomous. We have a wall heating unit that gives us a warm recovery atmosphere during the hard winter months in this southerly region. We have regular attendance of seven to twelve members, we hold both open and closed meetings with candlelight, and we have speaker meetings. Our group is a part of the Poniente ASC. On our bulletin board we have the monthly schedule of meetings and a list of guidelines to maintain good relationships with our landlord. We have a toolbox of service aids, event posters, reports, meeting lists, and various topics from our NA Fellowship. We do recover, we can recover, and it works! We send hugs and greetings to NA members in each region around the world. We hope we can see you here, and we await your arrival with love in the group Nunca Más Solos.

Mauro A, Santiago, Chile
Multi-day events and those occurring between publication dates are printed according to the schedule posted online. To enter events or to access event details, visit the online calendar at [www.na.org/events](http://www.na.org/events). (If you don’t have Internet access, fax or mail your event info to 818.700.0700, attn: NA Way; or The NA Way; Box 9999; Van Nuys, CA 91409 USA.)

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**Argentina**

Rosario  3-5 Oct; Rosario Area Convention 11; Cabanas La Estela, Rosario; narosarioconvencion@hotmail.com; [www.narosario.org.ar](http://www.narosario.org.ar)

**Bermuda**

Southampton  5-7 Sep; Bermuda Islands Area Convention 8; Fairmont Southampton, Southampton; [www.nabermuda.com](http://www.nabermuda.com)

**Brazil**

Belem  19-21 Sep; Forum Unificado dos Subcomites; Centro Social Sagrada Familia: Ananindeua, Para: na.org.br/nabrazil.org.br

**Canada**

British Columbia  26-28 Sep; Canadian Convention 22; Vancouver Island Conference Centre, Nanaimo; [www.canadianconvention.com](http://www.canadianconvention.com)

Ontario  17-19 Oct; Toronto Area Men’s Retreat; Bliss Haven Retreat Centre, Dunville; [www.torontona.org](http://www.torontona.org)

Prince Edward Island  29-31 Aug; Prince Edward Island Area Convention 5; Quality Inn & Suites Hotel, Summerside; [www.carna.ca](http://www.carna.ca)

Quebec  1-3 Aug; Lower Saint Lawrence Campout 3; Campsite, Sainte-Rita; [www.naquebec.org](http://www.naquebec.org)

**Denmark**

Skanderborg  1-3 Aug; Area Midtjylland Convention/Campout 7; Audonicon, Skanderborg; [www.nakonvent.dk](http://www.nakonvent.dk)

**France**

Écully  31 Oct-2 Nov; France Region Bilingual Convention 18; Valpré Lyon, Écully; [www.narcotiquesanonymes.org](http://www.narcotiquesanonymes.org)

**Greece**

Athens  5-7 Sep; European Convention & Conference 30; Divani Apollon Palace & Spa, Athens; [www.eccna30.org](http://www.eccna30.org)

**Hungary**

Keszthely City  15-17 Aug; Hungary Regional Convention; Keszthelyi Ipartestulet, Keszthely City; [www.na.info.hu](http://www.na.info.hu)

**India**

Goa  25-27 Sep; Indian Regional Convention 7; Byke Old Anchor Resort, Goa; speaker tape deadline: 31 Aug; [www.ircna7.in](http://www.ircna7.in)

**Israel**

Dead Sea  11-13 Sep; Israel Regional Convention 30; David Dead Sea Resort & Spa, Dead Sea; [www.naisrael.org.il](http://www.naisrael.org.il)

**Japan**

Tokyo  21-24 Aug; Japan Regional Convention 10; Tokyo Big Sight, Tokyo; [www.najapan.org/jrcna/index.html](http://www.najapan.org/jrcna/index.html)

**Turkey**

Fethiye/Muğla  17-19 Oct, Turkish Regional Convention 21; Foca Mh., 48300 Fethiye/Muğla, Orient Resort Hotel; [www.na-turkiye.org](http://www.na-turkiye.org)

**Argentina**

Michoacán  31 Jul-3 Aug; Occidente Regional Convention CROMEX 13; Hotel Diana del Bosque, Morelia; [www.naregionoccidente.org](http://www.naregionoccidente.org)

Baja  8-10 Aug; Puerto Area Convention; Hotel San Nicolas, Ensenada; [www.bajason-na.org](http://www.bajason-na.org)

**New Zealand**

Wellington  24-26 Oct; Aotearoa New Zealand Regional Convention 14; Saint Andrews on the Terrace, Wellington; [www.nzna.org](http://www.nzna.org)

**Paraguay**

Asunción  29-31 Aug; First Paraguay Regional Convention; Quinta Ykua Satí, Asunción; [www.na.org.py](http://www.na.org.py)

**United Kingdom**

Scotland  26-28 Sep; Glasgow Area Convention 16; Marriott Hotel, Glasgow; [www.ukna.org/events](http://www.ukna.org/events)

**United States**

Alaska  3-5 Oct; Alaska Regional Convention 30; Challenger Center, Kenai; [www.akna.org/index.htm](http://www.akna.org/index.htm)

California  19-21 Sep; Serenity Under the Stars at the Beach; California State Parks, Pismo Beach; [www.serenityunderthestars.net](http://www.serenityunderthestars.net)

Connecticut  12-14 Sep; History of NA Conference; Sheraton Hotel, Stamford, CT; [www.historyofna2014.com](http://www.historyofna2014.com)

Florida  15-17 Aug; North Dade Area Convention; Hyatt Regency-Downtown, Miami; [www.northdadearea.org](http://www.northdadearea.org)

2)  22-24 Aug; Vision Without Limits Speaker Jam; Hilton Clearwater Beach, Clearwater; event info: 513.417.5086

3)  29 Aug-1 Sep; South Florida Regional Convention 20; Bonaventure Resort, Weston; [www.sfrcna.com](http://www.sfrcna.com)

4)  17-19 Oct; First Coast Area Convention; Wyndham Riverwalk, Jacksonville; [www.firstcoastna.org](http://www.firstcoastna.org)

Hawaii  26-28 Sep; Kauai Area Gathering; YMCA Camp Naue, Haena; [www.na-hawaii.org/area_gatherings.htm](http://www.na-hawaii.org/area_gatherings.htm)

2)  30 Oct-2 Nov; Hawaii Regional Convention 22; Royal Lahaina Resort Maui, Kaanapali; [www.na-hawaii.org/regional_convention.htm](http://www.na-hawaii.org/regional_convention.htm)

Illinois  21-24 Aug; South City Area Convention 8; Hyatt Regency McCormick Place, Chicago; [www.chicago.na.org/SouthCity/index.htm](http://www.chicago.na.org/SouthCity/index.htm)

Indiana  22-24 Aug; End of Summer Celebration 19; Prairie Creek Reservoir, Selma; event info: 317.690.1204

Kentucky  26-28 Sep; Bluegrass-Appalachian Regional Convention 6; Clarion Hotel, Lexington; [www.kentuckysurvivors.com](http://www.kentuckysurvivors.com)

Maryland  1-3 Aug; Baltimore Area Convention 11; Turf Valley, Ellicott City; [www.baltimorearea.org/bacna.html](http://www.baltimorearea.org/bacna.html)

2)  24 Oct-1 Nov; Free State Region Recovery at Sea Cruise; Port of Baltimore; [www.fsrna.org](http://www.fsrna.org)
NAWS Product Update

Chinese
就在今天
Item No. CH-3108  Price US $0.24

Chinese (Traditional)
致新成員
Item No. CT-3116  Price US $0.24

Hungarian
An Introductory Guide to NA
Bevezető útmutató a Narcotics Anonymouslyz
Item No. HU-1200  Price US $2.00

Portuguese (Brazil)
Acessibilidade para aqueles com necessidades especiais
Item No. PB-3126  Price US $0.24

Korean
회복과 재발
Item No. KO-3106  Price US $0.24

Polish
Właśnie dzisiaj
Item No. PL-3108  Price US $0.24

Russian
Служение «Больницы и Учреждения» (БУ) и членство в АН
Item No. RU-3120  Price US $0.24

e-subscribe to The NA Way & other NAWS periodicals at www.na.org/subscribe
Spanish
Living Clean: The Journey Continues
Vivir limpios: El viaje continúa
Item No. SP-1150    Price US $9.75

Thai
การรวมกลุ่ม
Item No. TH-3102    Price US $0.31
มองกลับมุม
Item No. TH-3105    Price US $0.24

Coming Soon

IP No. 29,
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A welcoming introduction to those at their first meetings or in early recovery.
Item No. 3129    Price US $0.24

Croatian
Anonimni narkomani
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Material for your PR efforts, now revised with updated 2014 statistics

NA: A Resource in Your Community
Item No. 1604    Price US $0.40

Information about NA
Item No. ZPR001002    Price US $0.30

Membership Survey
Item No. ZPR001001    Price US $0.30

Demographic poster (I-stand)
Item No. 9092 (35” x 44”)
Price US $33.00

World Regional Meeting Map Banner
Item No. 9090 (5’ x 7’)    Price US $77.45
Item No. 9091 (45” x 63”)
Price US $47.45

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