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Recovery: Our journey continues

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"We were trapped in a spiral of obsession and compulsion that went only in one direction: downward.

"In recovery, our journey down that spiral path has been cut short. But what is it that has turned us around, drawing us back upward into the open spaces of the wide, free world? The love of the fellowship has done this."

Just for Today, page 4

It seems that most of us like to compare our recovery to a trip along the path of life, or a roller-coaster ride filled with adventures and mishaps, or—to keep it simple—a journey. The theme of this issue is "A Recovery Odyssey." While "odyssey" may be considered one of those "uptown" words, it does present an image of a long journey that is both difficult and adventurous, one filled with many dangers and detours. One of the many fulfilling experiences we become aware of as we continue to keep coming to Narcotics Anonymous is witnessing the fragility and tenacity of the human spirit. We see members stand courageously against devastating circumstances, giving us all the strength and willingness to stay clean just one more day. We think, "If they can do it with all they have to face, surely we can stand with them." It is the hope, unconditional love, and acceptance that make living "life on life's terms" bearable for many of us.

Included in this issue are stories like that, accounts of how members worldwide travel down the road of recovery and life, staying clean—just for today.



**THE
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OF
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EDITOR

Nancy Schenck

COPY EDITORS

David Fulk

Lee Manchester

TYPOGRAPHY AND DESIGN

David Mizrahi

PRODUCTION COORDINATOR

Fatia Birault

EDITORIAL ADVISORY BOARD

Susan C, Daniel S, Larry R

World Service Office

PO Box 9999

Van Nuys, CA 91409 USA

Telephone: (818) 773-9999

Fax: (818) 700-0700

Website: www.na.org

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From the editor

Hello. My name is Nancy and I'm an addict. I have recently been given the privilege of serving you as the new editor of *The NA Way Magazine*—the magazine for the Narcotics Anonymous Fellowship. Before I go any further, I want to thank Cindy T for her outstanding work with our magazine. Because of her keen editorial abilities, she has left me an excellent checklist of the “dos and don'ts” of being the editor of our fellowship's magazine. I look forward to serving you and invite you to send in any suggestions and/or opinions that will help us to continue improving this magazine.

I have worked for NA World Services since October 1998. Prior to coming to the WSO, I was employed in the publishing field as a copywriter. My responsibilities here at the office also include assisting other staff writers, some general copy editing, and World Board support.

One of the things that never ceases to amaze me is the timeliness of topics at meetings. It never fails that whatever I happen to be going through will invariably be the topic of the meeting I am attending. The theme of this issue of *The NA Way*—“A Recovery Odyssey”—is no different. My journey, as with all of us, was and continues to be an indescribable excursion through unknown territory as I travel to the center of me. It is a journey I both dread and anticipate. The program of Narcotics Anonymous has given me the strength and courage to continue and not turn back, no matter what. And here I begin on yet another path as I take my first steps as your magazine's editor.

In closing, I want to encourage you to send in articles and share your experience, strength, and hope. We need articles to make this magazine work. We cannot do it without you. *The NA Way Magazine* has gone through a number of transformations since its inception approximately 19 years ago. Today, we are fortunate to have our magazine published in five languages (English, French, German, Portuguese, and Spanish). This is a huge step from those early editions that were only printed in English. If we are to make *The NA Way* more representative of our worldwide members, we need to gather as many articles as possible from both English-speaking and non-English-speaking members. Please don't be shy or worry about how you will sound—we will help you in any way we can to frame your thoughts and words—just send them in! Think of our magazine as a “world meeting” where NA members from every culture share the universal message of our program, helping each other stay clean for one more day.

*In service and fellowship,
Nancy S, Editor*

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.

The NA Way Magazine, published in English, French, German, Portuguese, and Spanish, belongs to the members of Narcotics Anonymous. Its mission, therefore, is to provide each member with recovery and service information, as well as recovery-related entertainment, which speaks to current issues and events relevant to each of our members worldwide. In keeping with this mission, the editorial staff is dedicated to providing a magazine which is open to articles and features written by members from around the world, as well as current service and convention information. Foremost, the journal is dedicated to the celebration of our message of recovery—“that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live.”



A recovery odyssey: Getting from there to here

I came into recovery at a dead end. I thought my life was over. I couldn't think of any reasons to continue. I was convinced I had seen it all, done it all, been there, done that, and experienced the lot—what else was there?

I used for 20-odd years and managed to always have jobs. I was well off materially and traveled a lot. I knew people around the world and spent considerable amounts of time on almost all continents, yet I was alone and using.

Everything I undertook required using one drug or another. I wasn't particular when it came to drugs. I had some favorites, but I was really pretty easy to please.

At the age of 37 it all came to an end. I no longer had anywhere to run and had to face reality. I saw what I had become, and knew I had a choice: to find something worth living for, or die.

I found NA.

I'm one of those who truly felt my first meeting was like coming home. I couldn't tell what it was, but you were like me, I just knew it. It wasn't what you said, or what you'd done, or where you'd been, or whom you'd been with. It was more what you claimed to have found in getting clean, and the way you told me about it. I knew I wanted it, too, and that it was what I had been looking for all along.

In coming home my journey really started—the real one! It wasn't about racing around, trying to cross as many borders as possible. This time I was getting on a road to somewhere.

I didn't know much. I had no idea where you actually would take me, but during the first year and a half I went to as many meetings I could.

I am very privileged to live in a city where we have several meetings a day to choose from. I went to at least two meetings a day; often I went to three.

You taught me to listen. I heard what you said and, strangely enough, did what I was told and found a sponsor and found out about service. NA, as such, became a loving power greater than myself. I began to open up to what I now believe is a lifelong journey in getting to know life on life's terms.

I believe that to journey in recovery means to steadily broaden my knowledge of reality. All those years when I traveled, I was always running away from myself. I thought I knew it all; I thought I had been everywhere—but in reality I knew nothing. It was all so superficial.

I started to understand something as I began to work the steps. I had to face the fact that I am an addict, that my choices so far had only led me farther into insanity and loneliness.

I have to face where I am right now and accept that I will always be powerless over my addiction—that I'm not the one in control.

As company on my journey I need friends. I need the security of our loving fellowship to support me in my efforts to learn about the world and myself. There will always be

someone who has had similar experiences and will be able to help and guide me.

I also have the privilege of helping and guiding friends and sponsees. Together we learn.

Without making the effort to nurture a conscious contact with a Higher Power, as I understand it, I run the risk again of trying to run the show myself. By daily surrendering my will and my life to the God of my understanding, I lay the foundation to a safe and joyous passage through life.

In the beginning I spent a lot of time planting myself securely in NA. During a very short period of time, many changes occurred in me.

I was learning to become more honest, not so afraid of others—in fact, I had to learn that I was afraid of others, because I didn't think I was. I used to see myself as the bold and brave type, ready to throw myself off a cliff for kicks. It turned out all that bravery was a shield to hide my fear of people. I never let anyone close.

The time came to start looking for work, but how was I going to do it without getting loaded? I didn't know what I should do. What did I want to do? What was I good at? What were my dreams? Did I have any ambitions? Any visions? I had no idea.

I had a lot of help from a lot of different people. When I dared to look stupid and ask for help, help was given in abundance! I took some courses and tests, and I was given advice on how to find the right jobs to apply for. I did all this and, after a few tries, succeeded in getting a job—and,

one day at a time, I've been working full-time since. In making that daily effort, I have started feeling like a part of the greater society. I have a place to fill.

I continue to work the program with my sponsor. With each step I get to explore yet another aspect of myself. I made a fearless inventory of myself and found horrible, inexcusable behavior in my past, but also assets—some that I had only developed since I'd gotten clean. I shared all this with my sponsor, and she didn't laugh at me or throw me out or forbid me to come back to NA!

I looked at the character defects that invariably caused me trouble.

I humbly asked to have them removed.

I wrote a list of all those I had harmed and became willing to make amends.

At this stage, I have started to make the amends. It is the first time in my life when I have allowed people to come close to me.

It is all scary stuff! I am afraid a lot of the time, but only because it is still new to me. I know I will learn something new from such experiences, because that is what has happened to me before in recovery. I know I can grow, and I know that whatever comes will be of benefit, one way or another. I have learned I can trust my Higher Power and live life as the adventure it really is.

I no longer crave the mad kicks I used to like; I get my kicks from the inside. It is frightening, but exciting.

I am learning about myself and about others. Above all I am learning about the love of a Higher Power.

"So long as I follow this way I have nothing to fear." The journey goes on...

Sisko H, Sweden

The journey of my recovery

When I first came into the rooms of NA, I was in a residential treatment facility. While I sat there sick, in more ways than one, I heard people in the meeting refer to "the journey of recovery," or they would refer to recovery, in general, as a journey. At that time, I couldn't grasp what these people were saying. I thought I had already taken one hell of a journey; wasn't this supposed to be home?

The more I kept coming, the more I learned that my journey really had just begun. My using wasn't a journey at all—it was a stagnant standstill. My life had stopped.

I came to understand that the word "journey" didn't have to mean toil; it could mean adventure, discovery, and balance. It could also mean growth through loss, learning to complete a grieving process, and learning how to cry. It could mean a labor of love.

Don't misunderstand me. At times there was a lot of dragging and stomping my feet along the way. I cussed, resisted, got angry, and relapsed. But now, with the help of this fellowship, my brothers and sisters in NA, and with the help of my Higher Power—with whom I have a wonderful relationship—I am back in these rooms. Today I am finally living this program.

No longer do I resist, drag, or stomp my feet (although I still cuss!). I now thankfully accept my journey and honestly can say that I have been blessed.

To some, my lot may not be desirable, but it is my journey, and I am willing and grateful to take it.

Thank you, NA and HP, for all of your love and support.

For all of you who are struggling in your journey, believe me when I say, "This, too, shall pass."

Alicia L, Georgia

What does Step Three mean to you?

Letting go of trying to always be in control was very difficult for me, as was believing that someone would actually care enough about me to want to look after me. That someone is my Higher Power, and making the decision outlined in Step Three has given me more hope and strength than I could ever get from running on my will.

*Anna, Australia,
4 months clean*

A ship called Narcotics Anonymous

By the time I found the program of NA, I was confused and emotionally and physically devastated.

In the beginning, I didn't understand anything about the program, the steps, or the traditions. The only thing I understood was that I was clean for 24 hours, and the sharing I heard in the group was a reflection of my own life.

As I attended more meetings, I realized that something was caring for me and keeping me in contact with the group, my sponsor, and my NA brothers. We were all traveling together on the same course—and in the same boat—seeking recovery, spirituality, and another day clean.

I understood then that recovery is a journey—a journey I had never taken in my life. It's a journey that involves incredible effort, something I never did before. This effort requires that I show goodwill, that I stay open-minded, honest, and humble, and that I take action when I need to.

I also understood that this journey can be beautiful as I encountered picturesque landscapes and new and gratifying experiences.

The journey was not all beauty and joy, though; I also found pain, desperation, and the desire to give up.

Today, knowing that I am not alone on this boat is the best thing for me. I can find understanding, identification, support, and love.

In those moments when I am tired of fighting, my brothers help me continue rowing (working hard). They give me the strength to finish every 24 hours with my last effort, an effort that I owe to the fellowship.

In reality, this is a simple journey that I often make more complicated than it has to be.

It's a journey with no return, unless I decide to throw myself into the sea. The problem with throwing myself into the sea is that I'm not sure I would be able to swim and get back on the ship again. Today I don't want to drown. I want to be on this ship each 24 hours.

Because of the way life can be, at one time I decided to go into the sea. At first, I was very afraid. I only went to the water's edge, but then I liked the feeling, and little by little I began to go deeper and deeper. The next thing I knew, I couldn't come out—the tide was sucking me in.

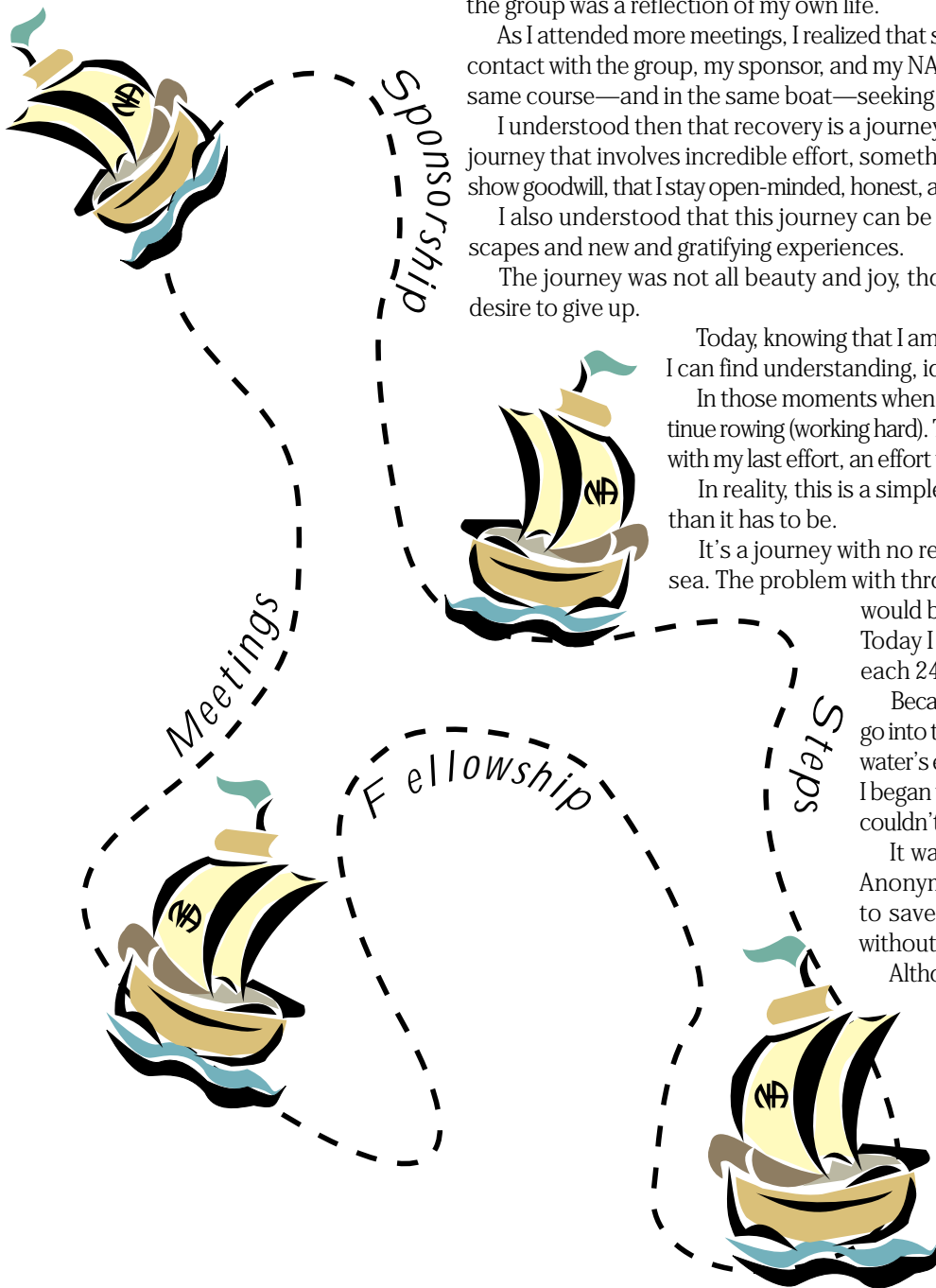
It was at that dark time when I saw the Narcotics Anonymous ship coming. There was my opportunity to save myself and not drown. I decided to get on, without having any knowledge about that ship.

Although I don't know everything about the ship I'm on, I do know that I don't want to get off today. I want to help my brothers row and reach the day's destination: 24 hours clean.

I thank my Higher Power for being in this ship. It is very important that I also thank my family and my mate, for even though they are civilians, they do whatever they can to help me.

In closing, I'd like to ask: Does this ship really work?

The answer: Yes, it works; just for today, it works.



Adler A U, Peru

Next stop: Freedom

I'm an addict named Bente. I come from Norway, and I am grateful that the Fellowship of Narcotics Anonymous found its way to this little country so that I could embark on my journey of recovery. There is just one thing about which I am sure concerning this journey: Freedom is the destination.

I came into the fellowship in January 1993 badly beaten. Thank God my pain was so great that I was desperate. If anyone had told me to swim twice around the earth, I would probably have done so. I was willing to do whatever was necessary to decrease that pain. I was definitely ready for Step One.

When I first came to NA, there was only one small isolated group in this area. It was about six months young, with four or five members. But NA was there for me, and I grasped this program like a diver gasps for air when he hits the surface.

I would like to say that I have worked the steps from day one, but that would be a lie, and I have lied enough. Since we were an isolated group, none of us knew anything about working the steps, but I did stay clean. Today I am grateful that newcomers in my area don't have to go through years without the ability to listen to old-timers sharing their experiences with working the steps.

I have been a part of NA since I walked in the doors. I also had the privilege of attending the first Norwegian Convention of NA in August 1993. Since then I have had a growing commitment to NA, and service has become a great part of my recovery.

I have been in different service positions, starting out as a coffee maker. This was probably the service position that was most important to me. I could nurture the small, unknown, growing feeling I was experiencing called gratitude.

I also had the privilege of attending other conventions, both inside and outside Norway. To me, this has been an example of the safety that can be found in this program. No matter what happens, the ties that bind us together are always the strongest, as long as we all keep coming back.

Writing a "recovery odyssey" without mentioning my sponsor's guidance through the steps would not be complete. I am grateful to my first sponsor, who was there for me when I crawled through the doors of NA; and I am grateful to my present sponsor, who now guides me safely through our steps. The principle of trust has been planted and cultivated deep within me through work with my sponsors.

The steps of Narcotics Anonymous have really changed my life. Believe me, I know how it is to stay clean without working the steps, and I know how it is to stay clean with them. Today I don't have to wonder which way to choose.

Explaining how my life has changed as a result of working the steps is beyond my ability. I can tell you this: I am free to wake up every morning without a desire to use and without the feeling of drowning in a sea of shame. I can walk into the day, take a look in the mirror, and with a little smile on my face say "good morning" without fantasizing about being someone (anyone!) but me.

I can choose living in the moment.

I can run on the beach with my child, seeing her, loving her, hearing her joyful laughter, grateful to be a loving and caring mother.

I can give my husband a spontaneous hug on a Monday morning. I can write him a note saying "I love you," and mean it!

When I feel cold and lonely I can attend a meeting and share my feelings with total confidence in your unconditional love. I can call an NA friend just to feel a part of you. I can also be there for the newcomer and for the member who is yet to come as you all were there for me.

At last I can start my day by saying "thank you" to the Power who guides me through my journey of recovery, and close my day by saying "thank you" to that Power who let me have one more day in a clean, living, loving life.

I have reached the destination of freedom, time after time.

And if I don't know what to say at all, the words "thank you" will always be enough.

Bente H, Norway

Rough road; proceed with caution

When I got clean in the early 1980s, I had no idea what the journey I was about to undertake meant.

I was told that recovery was about the journey, not the destination, but with my limited understanding of this concept, I never suspected the changes and challenges that multiple years clean would present.

I rushed into group, area, and regional service without any thought. I was told that this commitment would help keep me clean. I ventured on blind faith. The advice was accurate, but I question the level of my effectiveness.

I showed up for the meetings, workshops, and conferences, but my memories of these significant events have grown fuzzy over time. I know I was there—I've seen my signature on sign-in sheets in our regional archives, so I can prove it. Thank God for history and archives!

I rushed into an ill-fated marriage with another addict. I misinterpreted her history of past marriages as experience that would benefit our union rather than a pattern of limited commitment to romantic alliances.

I thought the recipe for wedded bliss was just to mix love, money, water, and shake. I thought I'd magically awaken in 30 years, when we'd be sitting on the porch at the shore, bouncing the grandchildren on our knees.

I was deluded. I couldn't conceive that this relationship wasn't God's will and would not be "protected" by my Higher Power.

I took a job in a methadone clinic to break out of unemployment and finance graduate school. It turned into a ten-plus-year position that never sat right with either my spirit or the recovery that was the basis of my life. The conflict that arose within me never allowed for my spiritual development. Fear kept me from leaving the position, while stubbornness kept me involved in a treatment system that challenged my values and beliefs.

These challenges to my recovery journey have forced me to change—specifically, to become less impulsive about making decisions. As a result, it is now easier

for me to delay making important decisions, seek advice from trusted friends before making such decisions, and network with fellow NA members, sponsor, and family before committing myself and my spirit.

One of life's lessons I've adopted is that not making a decision is a decision. Delaying and looking before I leap has helped to reduce second-guessing and self-loathing.

I know that addiction distorts my thinking; I have to remember that, despite multiple years clean. The illusion that I'm better now and don't have to seek advice is proof positive of the disease that drove me to NA in the first place. The egocentric mind-set can be more powerful than my spirit at any given moment. Staying aware of this helps me to avoid setting myself up for disappointment and heartache.

Thank God, NA, my sponsor, my home group, my regional brothers and sisters, and my family. I am surrounded by beautiful and gentle individuals whose voices convey the will of my Higher Power to me and ease my burden of trying to "macho" my way through life.

Fred MacD, New Jersey

Warning: Sharp curve ahead

I have been in recovery since 1986. During these years there have been many good times and many bad times, but this wonderful program keeps me alive and gives me the strength and hope to continue, no matter what, one day at the time.

When I had six years clean, I experienced one of the most beautiful events in my life: the birth of my son. I was so happy; one of my dreams had come true! My son is still the most important person in my life.

When my ex-wife asked for a divorce four months ago, it was my son who saved me. After being in our relationship for ten years, she decided to leave me for another man.

The first thing that came to mind was that I wanted to die. The pain was so intense, and I was sure it would stay there for the rest of my life.

I was crying so much; I was full of rage and resentment; and I was asking my Higher Power, "Why me? What did I do wrong?"

I couldn't believe this was happening, and I was sure that the best thing for me to do would be to die.

I don't know why, but I started thinking about my son. Maybe it's the fact that recovery helps you look at the whole picture, not just the pain you're in at the moment. Maybe it's the fact that I had the support of NA, or maybe it's the service commitment I have. I don't know, but I said to myself, "This little man needs me to learn about life and joy and all the wonderful things that are also part of this world."

I changed my mind then, and I started to pray to my Higher Power to give me just enough faith and courage to go through the excruciating pain—and the miracle happened again.

I started like a newcomer—going to two meetings a day, calling my sponsor two, three, even six times a day. He always suggested that I write about my pain and my feelings.

He said, "Listen, Claude, you have to apply Steps One, Two, and Three regarding all that pain, and I'm sure it will work."

You know what I did, right? Yes, I reapplied the first three steps to my life, and after a month of making many meetings and writing about my feelings I started to feel a little more comfortable with myself.

After two months, a very good friend of mine attended our regional convention. She was aware of what I was going through, and she looked at me and said, "You know, Claude, I am sure your Higher Power has decided that maybe it was enough for you in that relationship.

"Your HP will bring you something more beautiful, and maybe one day he will put someone in your life who's going to love and respect you for all the good reasons.

"But you have to let time do its time, so meanwhile just continue applying what you know about this simple program of NA."

Then she looked me in the eyes and said, "You know that everything, good or bad, will finally pass."

Today, four months later, I feel so much better, and I am proud of myself. I have the most powerful and wonderful relationship with my son. I have plenty of time for him, and I'm not trying to be the perfect father. I let my son discover his father for who he is—so that means that if I feel like crying, I let myself cry, even if it's in front of him, and then I try to explain to him how I feel.

Thanks once again, NA, for giving me the chance to discover myself. It is a difficult time to go through, but this experience has strengthened my faith in my Higher Power. All I have to do is stay clean and work on my recovery, one day at a time.

With all my love for this program that keeps me alive today,

Claude G, Canada

Hope on the horizon

My journey has been one of great pain and great joy. Twelve years after coming into recovery, I'm still clean and still a single mother.

Raising two teenaged daughters on my own and staying clean has presented many difficulties and many painful moments—moments when, because of my daughters' memories, real or not, they have let me know how much pain they endured as a result of my using.

The reality of being clean and realizing that it did not automatically make me a wonderful mother has been a journey in itself. There have been times while on this journey when I felt like a total failure as a mother—times when our arguments were so painful that getting loaded was not even an option for comfort.

Nothing was.

In spite of the pain I felt, I didn't use, but I continued to feel and cry and feel and cry until I (we) reached the other side.

These experiences have proven, time and time again, that this journey is a long one, full of beautiful outcomes and new visions of hope. My journey will forever continue upward with positive results as long as I stay clean. This is a gift that can only be experienced by those who are willing to feel every damned thing there is to feel.

Sometimes I wish I didn't know this fact or know what I know now. Because of this amazing reality—and many others—I can't even tell myself that it won't get better, because my experiences in recovery have proven to me that it will always get better; as long as I don't use, no matter what. While this realization makes me angry, it also saves my life every time.

So these are not only my experiences but also my daughters'. One day I came home from work and saw my younger daughter's writing assignment on the table, titled "One Day at a Time." I just had to read it! After all, wasn't that why it lay there?

It was a short essay about her memories of my active addiction, her life with me during that time, and my recovery. She closed the essay by stating that I was the strongest woman she knew and that she was the happiest kid around.

Suddenly, all of the pain and sorrow our relationship had suffered in the past didn't matter. For that moment in time, it was all worth it.

The assignment was turned in to her English teacher the next day for the whole world to see, as far as I knew. And because of this journey that my daughters and I have traveled in recovery over the past twelve years, I was the proudest and best mom in the world for the first time in my life!

Thank you, Narcotics Anonymous, for guiding my family and me on this incredible journey of recovery.

Toni B, California



What is your favorite step?

Step Eleven is my favorite step. This is because prayer and meditation is the practical way of handing my will over to the God of my understanding.

*Damian, Australia,
6½ years clean*

The quest of King Me

Once upon a time there lived a wise and benevolent king. King Me (as in me, myself, and I) was loved and admired by all—well, at least by a few—and all was well within his realm.

His castle (his mind and body) was strong and sturdy, and his subjects (all those with whom he interacted) lived contentedly.

It came to pass that King Me became bored with his life and sought help from a new adviser. This adviser's name was Addiction. Addiction's way of thinking was new and radical, leading the king to eventually hire him on a permanent basis.

The kingdom began to change. The changes, slow at first, became more rapid and more appalling. With the help of his new adviser, the king became more aloof and irresponsible until all despised him, including himself.

By following the dictates of his adviser, the king made many enemies among his once-loyal subjects. These included the Landlord, the Utilities Company, Family, Friends, and his Job. He felt that these subjects were making unreasonable demands on the monarchy.

It was during these times that his adviser became even more prominent. He would burst into the throne room and breathlessly exclaim, "Sire, the peasants are revolting. It is treason."

Since by this time King Me lived in a perpetual fog, he would tearfully beg his adviser to solve his problems for him.

A wicked grin would slowly spread on the adviser's face as he boldly stated, "Sire, I have a solution. All we need do is procure extra supplies (drugs), withdraw into the castle, raise the drawbridge, and wait for this storm to pass. Thy moat is wide and deep, thy castle walls tall and sturdy. Herein wilt thou be safe."

Being short of both sight and brain cells, the king thought this an excellent idea. Failing to realize that what the adviser described was not safety but siege, the king proclaimed, "Let it be so."

Needless to say, the supplies eventually ran out. Slowly and painfully it dawned on the king that, in order to obtain more

supplies, he would be forced to lower the drawbridge and face the angry peasants, who were now beside themselves with rage.

Not only had King Me not lived up to his royal obligations, he had compounded his problems by shunning his subjects in their hour of need. Gathering what little courage he had left, the king confronted his angry peasants and their endless list of grievances.

King Me hung his head and admitted, "Yea, I have wronged thee, but fear not, for I am a man of substantial means." He then threw open the royal coffers with the intention of making amends. It was then that the king discovered, with horrified dismay, that the treasury was bare.

"Bring me my adviser," thundered the king.

The adviser slithered to his side and said, with a sinister grin, "How may I serve thee, my majesty?"

The King looked perplexed and asked his adviser, "Where are all my riches?"

"Why, sire," the adviser chuckled, "thou hast invested it into thy kingdom."

"How so?" queried the king.

The adviser gazed out the window and pointed. "Dost thou see yon youth riding the Cadillac chariot and that one with the new Nike sandals? And see how strong and wealthy I have become. All this and more didst thou purchase, Lord."

"I need gold to silence the angry mob. Thou must help me," whined the king.

"Nay, Lord," snickered the adviser, "positive production is beyond my ken. Thou needs stand alone now."

The king reeled.

"Thou promised me safety," King Me protested.

But the adviser quickly retorted, "Didst thou feel any pain when thy drawbridge was raised?"

The spectre of being overthrown now loomed larger than ever.

In a rage, the king roared, "Summon the royal executioner." The executioner was a little-known figure going only by the initials NA.

"Wouldst thou rid me of this menace?" the king asked softly.

NA beamed and said, "With pleasure, my liege," and smoothly lopped off the adviser's head.

Now King Me was truly in a quandary. For 24 years he'd thought his adviser was

his only true friend and confidant, and said as much to NA.

The king sobbed, "Now I am truly lost. I have no one to guide me through life."

"Fear not, sire, for I know a most capable substitute," said NA. "Allow me to introduce Higher Power. He will guide thee through thy trials and tribulations."

Afterward, the peasants still staged minor revolts, but with the help of his new adviser, NA, the king was once again loved. Over time, he became able to make more informed decisions. And so it came to pass that King Me lived happily ever after... just for today.

Irvin C, Indiana

The concrete walk

I started this journey dressed in orange and shackled at the waist and ankles. The guards on either side of me were silent as they led me down the concrete walk to the local treatment facility. It would be my third—and hopefully my last—time there.

A hearing was held a few days later, of which I remember only bits and pieces. As I stood to leave, I saw my father sitting in the back of the courtroom looking sad and drawn. I know now that it was a sanity hearing, and that I had been committed to the state hospital. My using had finally taken its toll.

Two weeks later, as I was delivered to the "nut hut," I found it very easy to take that First Step. My life had definitely become unmanageable and I was, without question, powerless. I had nowhere to turn but to "the God of my understanding" to restore me to sanity.

Eighty-three days later, I was released. I had an appointment, medication, and maybe two weeks clean. I had taken a twelve-hour pass and gotten loaded. I sat in NA meetings and took everyone's inventory. I didn't want anything they had to offer. You see, it wasn't my drug use; no, it

was my divorce and my "nervous breakdown." I still wasn't finished with my using.

After I got home I wanted to seek a new way of life, and I started going to meetings. I don't know why, but I continued to "suit up and show up." My body went, and my head eventually followed.

My last relapse was planned, but what wasn't planned was my reaction. It was true—I was "using to live" and "finding ways and means to get more." I felt trapped. I saw myself like the gerbil in the round cage—going nowhere fast.

I spent the next day clean, and that night I couldn't wait for the meeting to start.

For me, recovery has been a journey of discovery. Like going to a strange new land, I needed a road map, and for that I was given the Twelve Steps.

In my first year, I discovered feelings. I remember calling my sponsor and trying to describe what was going on with me. She would share with me the feeling I was experiencing and let me know that it would be all right.

In my second year the doctors released me, weaned me off all medications, and sent me on my way.

I became more involved with service. I also became painfully aware that the gift of recovery was fragile and had to be nurtured at all times.

I lost my first sponsor to the disease of addiction when she had almost five years clean. She picked up while on vacation; five days after she left, she was dead. I thank her for that valuable lesson, but I wish the cost hadn't been so high.

During my third year I came face to face with my character defects at the expense of another addict. I learned that the disease of addiction was definitely about more than just the drugs I used.

Today I try to avoid gossip at all costs. I am also grateful I learned the power of making amends. Today, whenever I see that addict I hurt, we are each truly grateful to see one another clean.

I also went back to that first meeting of mine, the one where I had been taking everyone's inventory, and I made amends to them, for they had planted the seed of my recovery in me, and I was grateful to them.

This journey has been extremely spiritual as well. God has blessed me with wonderful relationships. He has used me to

reach others and to spread the message of hope through recovery.

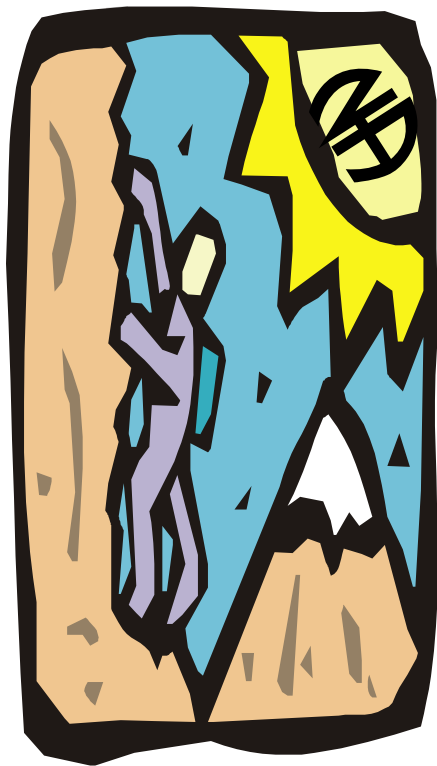
Recently, due to a service commitment, I had to leave a meeting early. Someone I remembered seeing in jail at an H&I meeting followed me out and handed me her four-year coin. She said she wouldn't have the coin if it hadn't been for me, and she wanted me to have it on the condition that I give it away. I felt so blessed and humbled. I know it's the power of my God that earned that chip.

As I look forward to my sixth birthday, I know how fortunate I am to be a part of the program of Narcotics Anonymous. I continue to "suit up and show up" at meetings. I know service helps me to stay clean, and I've learned how to balance service, my life, and my recovery.

I know this is a gift and, much like a child, it must be nurtured to continue to grow. I still work with a sponsor, do my step work, and surround myself with the loving and caring members of NA.

I've learned a great deal on this path called recovery. Mostly, the things that keep me clean today are those things I learned early in my recovery. I've had some grand adventures learning how to live life on life's terms. Thank you, NA, for being there for me.

Helen F. Idaho



The journey parallels

Seeing the theme for the upcoming *NA Way*, I felt compelled to write.

I am grateful to have the experience to compare my recovery to a group that became a home group and finally an area activity. I helped initiate this group some eight years ago.

A few NA members with varying amounts of clean time and fellowship experience conceived of "Skyline Serenity," a group that would go on a hike or camp somewhere and have a meeting on a monthly basis.

When I first got clean, I was not sure it was possible for me to stay. The vastness of it all was overwhelming. The trail seemed small, and the world seemed so big. The journey seemed endless and scary, reaching out so much farther than I could see.

What would the destination be like? Inspiring views? Improved confidence? Would it be serene and calm, or turbulent and adventurous? Could I make it through the passes and impasses, both imagined and real? Would the others help me if I had problems? Could they help? Would they laugh at me or, worse, abandon me?

As I stayed clean, things got good. Sure, I had nagging problems—uneasy moments with God, people, death, society, NA service, relationships, and finances—but things were certainly better than before. Did I really need to learn and grow more?

As the trail progresses, the end still seems far away and the journey long and wearisome. I may have developed a hole or two in my shoe, a pebble invading the comfort of my tender feet. Maybe I have even twisted my ankle some or fallen and skinned a knee.

The trail provides some interesting sites and places of shade and peacefulness. Do we really need to go on? Why can't we stop here?

The complaints grow. Some have even hurt themselves. Still others have turned back. Is it really worth it?

Some members become encouragers, full of dogged persistence. Some members become beacons of light, illuminat-

ing for others the beauty all around and the possibilities that can still be achieved.

Others continue to mutter and complain, challenging themselves to finish.

The destination must be just around the next corner. Members who hiked the trail before recognize a few key points. They say we are getting close. They encourage us—we are near. We can rest a little, but we want to be farther along.

Sometimes you can look back with immense clarity at the place from which you came. Sometimes all you can do is not make another bad decision that will send your foot crashing down on a sharp rock.

Finally, some recognize the place they have been before. Others sense its greatness.

"Look at the beauty," they say to us. "Look at how the water flows, shines, and falls."

We look with them at the trees, the climbing vines, with familiarity and awe. We witness this together, exulting in each other's experiences—the trials overcome and the tribulations received.

Today, I converse readily in terms of not using and of enjoying life. This is a miracle, and others understand it. They too have experienced it.

Furthermore, while it's not always easy to do so, I can talk of God, patience, love, death, anger, fear, joy, spiritual principles, life, and emotions.

As we sit for the meeting, we realize the world is far bigger and more open than we had imagined. We remember some of where we have been; we see where we could still go; and we share in the company that helped us get to our current place.

There is much more to explore and learn, but now we can teach others how it opened our minds and made us realize our abilities and limitations as we continue on this wonderful journey.

Robert B, Arizona



That bumpy ride called service

Service with serenity? Is this a contradiction in terms? How do you gain spiritual benefits from doing service? Sometimes service drives me crazy! I remember, after a particular RSC meeting, driving straight to the beach, diving into the surf in the middle of a howling gale, and cursing and swearing at the top of my voice. Now that doesn't sound very spiritual.

My first awareness of this thing called "service" was when I joined my first home group. I was lucky to get some good advice in the early days. You know—get a Higher Power in your life, get a sponsor, work the steps, 90 meetings in 90 days, sit up in the front, take the cotton out of your ears and put it in your mouth, join a home group.

By becoming a group member I began to realize that NA meetings just didn't happen by themselves. It seemed that people just like myself had to actually open the door, put out the chairs, and organize running the meeting. Then after the meeting the cups had to be washed, the floor swept, the rent paid without someone spending it first, and chairs put away.

That was my first service position: stacking the chairs. Every Sunday night for the next couple of years I stacked the chairs. It was a big meeting, with over 100 people, and I soon worked out exactly how to stack and store the chairs. If somebody else stacked the chairs differently, I would restack them.

I still had a lot to learn.

Being a group member kept me committed and made me feel like I was part of something, instead of just being part of the furniture. The sharing of menial tasks like washing up and sweeping floors was to be the beginning of friendships that grew throughout my recovery.

Being a group member also introduced me to the nightmare world of NA acronyms. I became a GSR, went to the ASC, and pretended I knew what RSC, RSR, and WSO stood for.

I joined the entertainment committee for a convention, hoping to get a gig as a bass player. Later, after other people left the committee, I was asked to be the chairperson. Suddenly I had all this responsibility, and this was more than just a local convention—we were hosting a world convention! I got a crash course in what WCC stood for and who was accountable to whom.

I was 2½ years clean. You could say this was like being taught to swim by being thrown into the pool at the deep end, but being someone with an obsessive and compulsive disease, I naturally went in, boots and all.

Sometimes it was a bumpy ride. There were challenges, especially with the creative process, logistics, and fragile egos, but with more than a little help and support from some dedicated people, we were amazed at what addicts in recovery could actually achieve.

Apart from feeling we had been part of something really special, I walked away feeling that anything is possible. Sure, there were disappointments, and my disease behavior up until then would have been to own these exclusively and not give myself any credit for the successes, but I actually allowed myself to feel a healthy degree of pride in myself and in being a member of NA.

I learned who my friends were, and I learned more about me. I also gained a better understanding of my Higher Power.

I did a year of H&I meetings in the protection wing of our local jail. I learned a lot about gratitude there, especially when I was able to leave the jail after the meeting each week and drive home.

I became group secretary and soon started attending the ASC again because we had no GSR. Then, one fateful day, the RCM asked me to be nominated as his alternate. This was the beginning of a succession of service positions at area, regional, and international levels. How did I survive?

It was explained to me that “service” means I am humbly serving my fellow ad-

being involved in service was like being a crash dummy in a safety-test vehicle!

How many times did I need to do an inventory and promptly admit when I was wrong? (For me, “promptly” sometimes meant after a few months.)

How many times did I need to pray for people against whom I had resentments? (I hope those guys are grateful.) In fact, sometimes prayer was the only way I could be free of resentment and anger.

Another way I could deal with resentments was to listen to the person I resented share his or her story at a recovery meeting. I needed to be reminded that we all joined NA because we have a potentially fatal illness and need each other, not because we thought it was part of some smart career move.

Spirituality involves taking risks and having faith.

I never wanted to be nominated for a position that would place me in competition with someone else. What if I was not chosen? How could I survive the rejection? Anyway, there are plenty of jobs to go around; I could just do something else.

“At times, being involved in service was like being a crash dummy in a safety-test vehicle!”

dicts in a position of trust, and it is not my will that is done but the will of the group conscience.

There were many times when I felt really passionately about something, only to watch as the group conscience decided the opposite. Sometimes I took these things too personally and needed to cry on someone’s shoulder or get it out of my system by yelling and screaming in the surf. It all meant that I had to start learning how to let go at a much deeper level—and the more service I did, the deeper I needed to go.

Our Twelfth Step says we must “practice these principles in all our affairs.” At times,

Then I ran for a position, and someone else was nominated to run against me.

My first instinct was to pull out, but someone questioned my motives. Was I afraid of losing? Yeah, I couldn’t stand the thought of losing. I had all sorts of low-self-esteem and rejection fears, and I had a pretty fair idea that things were not going to go my way.

Then I realized it was important that I not back down, and that I offer people a choice.

A weird thing happened. I lost the election, but I actually felt proud of myself for the way I’d handled the election process. I felt a weight lift off my chest.

I believe that those three indispensable spiritual principles—honesty, open-mindedness, and willingness—demand to be practiced at a deeper level when doing service. You just can’t cut it otherwise. In service, narrow-mindedness and self-seeking motives soon become transparent.

“Keep it simple” is about the most spiritual principle of all in service. The temptation to complicate, to reinvent the wheel, and to invest our ego, personal ownership, and grandiosity into “people, places, or things” sets a big trap for many of us. I am constantly forced to confront my defects in these areas.

At the moment, I enjoy keeping it simple. My main service position is as treasurer for the local newcomers meeting. I took the commitment because a friend of mine said the previous treasurers had small amounts of clean time, and here we were, setting them up by putting money into their hands.

People who misuse NA money often have a hard time coming back. Sometimes we make it hard for them. Sometimes they don’t make it back.

I get great spiritual rewards from my weekly commitment at this meeting. It is dark and lit only by candles. It is the “coal face” of early recovery.

People at this meeting struggle with the First Step, but they keep coming back. In this meeting I am reminded that we are all one day away from that next drug. In this meeting I am inspired by the honesty, the courage, and the miraculous changes that happen when people stay clean for periods of time. In this meeting we are all equal.

The second half of the meeting is usually held across the road in a run-down pool hall ironically named “The Golden Triangle.” It is one of the few places where NA members regularly socialize. The second half often lasts longer than the main meeting.

I cannot imagine what my recovery journey would have been like if I had just gone to meetings and not given back by participating in service. Sure, service can still drive me crazy—but, hey, you should have seen me 13 years ago!

Ron B, Australia

H&I Slim

For those of you who haven't had the pleasure of meeting him, H&I Slim is "the ultimate H&I kinda guy." He hangs out in hospitals and jails all over the world. You might say he's always in the know and always on the go. Got a question about H&I? Need some help? Write H&I Slim in care of the WSO.



Dear H&I Slim,

The three of us have decided to send this question to you collectively. Although not one of us is an actual member of an H&I subcommittee, we do participate in H&I meetings/presentations as panel members. We all have had the same experience in regard to the following. Dependent upon the panel leader and/or panel coordinator, it has varied whether any one of us can go into opposite-sex facilities. We've heard different opinions and arguments on both sides of the issue. Our question to you is: What is the appropriateness or inappropriateness of going into opposite-sex facilities?

*Thank you for your time and service,
S, K, and C, Panel Members,
Southern California*

Dear S, K, and C,

Well, it seems like it's time to revisit this issue. It has been addressed here, as well as in H&I orientations, learning days, and subcommittee meetings. It would certainly appear that the appropriateness of going into opposite-sex facilities was simply stated in the conference-approved *Hospitals & Institutions Handbook* under the section titled "Working with Others: Men with Men, Women with Women."

After the handbook had been in circulation for some time, world services continued to receive a significant number of inquiries regarding this issue. Due to the number of inquiries, the WSC H&I Committee developed a service bulletin on the

subject, which can be obtained by contacting the World Service Office (WSC H&I Service Bulletin #5). The bulletin expands upon language used in the handbook.

One point that is mentioned in both the handbook and the bulletin is: *Problems that arise in this area have the potential to seriously damage the credibility of Narcotics Anonymous*. Experience has taught us that we can avoid these problems if we follow this simple guideline.

I would also like to quote a few other paragraphs from the service bulletin. H&I service brings us into contact with future members in the initial stage of their recovery. At times, members of an "H&I committee may act in ways that detract from our recovery. Whether intentionally or unintentionally, we are not only risking the reputation of Narcotics Anonymous as a whole, but addicts who need to hear our life-saving message may not be able to do so, and they may die as a result. This may seem to overly dramatize the problem, but past experience has proven it true.

"Lack of the same-sex addicts to carry the message into facilities is a common problem, however it cannot be used as a justification for not following this guideline. Some members have taken matters into their own hands and have reported doing so without repercussions, but for others the repercussions have been traumatic. If we lose one addict or facility because of this practice, it is one too many. The reputation of Narcotics Anonymous, our members, and the people we serve depend on honoring this principle."

I sincerely believe that when the WSC H&I Committee developed the *Hospitals & Institutions Handbook* and the service bulletin on this subject, the intent was not to question or challenge anyone's motives, their commitment to carrying the message,

or their value as NA members. They were created only to help us avoid problems that have arisen in the past.

For example, in one region NA was excluded from a particular facility for years because of problems that arose from incidents that happened as a result of NA members going into an opposite-sex facility. The credibility of NA in that area and region was somewhat damaged, but more important was the fact that addicts did not have the opportunity to hear our message for a number of years in that institution.

*In service to the fellowship,
H&I Slim*

Building a new road...

Help us plan the Worldwide Workshop Project!

The World Board needs your input to make the Worldwide Workshop Project successful. This is a new project approved at WSC 2000.

The purpose of the workshops is to improve face-to-face communication between NA World Services and the fellowship. Our vision is that these workshops will help world services become more responsive to the fellowship we serve. We want to create an opportunity for dialogue, training, and an exchange of experience, strength, and hope.

The budget allows up to six workshops during this two-year conference cycle. We are committed to having one workshop in Europe, one in Latin America, one in the Asia-Pacific region, and up to three in North America.

We believe these workshops can help make the new world service system work and help delegates, World Board members, and WSO staff become more effective in their world service roles.

We see the workshop project as an experiment. We've never done this before. We plan to take some risks. And we expect to make some mistakes.

We'd like to try different formats in the various workshops so that we learn as much as possible from the experiment.

We see the workshops focusing on both recovery and service—exchanging experience in applying our basic principles.

We want to attract as many members as possible.

We are also open to combining a worldwide workshop event with a regional or multi-regional convention. We could offer a series of workshop-type meetings mixed in with a local convention's program. This would include at least one prime-time recovery meeting hosted by us as well. This kind of partnership, if we could find a willing community, would help us to achieve the combined recovery and service focus that attracts a cross-section of members. The workshop events might look more like a small-scale version of the service workshops that NAWS has offered at world conventions. Like world conventions, we want to attract members to events featuring workshops on topics about service and/or fellowship issues mixed into a recovery event featuring meetings and a social function that builds community.

In certain zones, particularly outside North America, it is very difficult to bring together members from throughout a zone or continent. So, we are also open to an event like a regional convention or a new stand-alone event that might attract a large number of members, even if most of those members come from a single country in that zone. Rotating events within a zone could, over time, spread the benefits to other members.

We want to also emphasize that we see these workshops as different from World Service Meetings. World Service Meetings focus on a dialogue between delegates and the board about world service issues and projects. We believe that type of dialogue already takes place at the World Service Conference, at World Service Meetings, and at zonal forum meetings where the board regularly interacts with the delegates. We believe the objective of the workshop experiment is to build something new. We see the workshops focusing on both recovery and service-exchanging experience with our basic principles. There will be some room for discussion of world service issues, of course. But we want to attract as many members as possible. We feel NAWS issues should not overshadow fellowship issues and local needs for training, education, and help with local problems. We feel these workshops will accomplish more if they are more like the fellowship development trips we have taken to specific communities over the years. The workshops would not replace such trips, but would complement such activity.

We need your help to accomplish these goals

Accomplishing these large objectives would amount to historic progress for NA World Services.

Obviously, we can't do this alone. We are looking for good ideas and new ideas, regardless of the source.

Of course, nearly everyone would welcome one of these worldwide workshops in their own backyard. But that's impossible, due to limited resources. There are over 90 regions and more than a dozen zonal forums.

To make these workshops happen we will need flexibility between world services, the regional delegates, and the zonal forums. We want to build cooperation to make this first set of workshops as successful as possible, no matter where they are held.

Only five or six communities will get the direct benefits of a worldwide workshop this conference cycle. But we have the opportunity to build a workshop system that will benefit the entire fellowship through a system of rotation in future years.

We'd appreciate any ideas you have to help make the workshop events successful. What do you want to see happen at the worldwide workshops? What are your ideas about how to get maximum participation and benefit for the fellowship?

We look forward to hearing from you as soon as possible!

Asking for direction... what next?

We are sending this brief letter to let you know about our discussions regarding the sponsorship project. We ask you to copy and distribute this letter as widely as possible so that as many of our members as possible will have the opportunity to read it and help us begin a dialogue about this important subject.

We, your World Board, implemented our Publications Committee in July 2000, and the committee had its first full-length meeting in September. At the initial meeting, the committee created a broad framework of what needs to be done in regard to our literature, specifically as stated in Motions 1 through 4 (CAR 2000). It was very clear that the most pressing of these motions was Motion 3, which states *“That the World Board encourage area and regional literature committees to develop source material about sponsorship in 2000, with the board starting a preliminary evaluation of the issues relating to the sponsorship material in 2001.”*

First, we need to talk about how Motion 3 came into being. In 1999 we sent out a survey to find out what our fellowship wanted in regard to revising or creating new literature. This survey revealed that the fellowship wanted something on sponsorship, although it was unclear as to what it should contain or in what form: a booklet, chapter in the Basic Text, a book, a new pamphlet, a revision of the existing pamphlet, or a combination of these various options. We are now requesting source material, which we will begin to evaluate later in 2001. It is our intention to develop a project plan for this work for the next conference cycle (2002-2004).

What we need from you are ideas and concepts on sponsorship. To assist you, we created a series of questions for you to think about, discuss, and write about. We set a deadline of 1 June 2001 for this input, after which we will evaluate the source material and create a project plan for WSC 2002. We want to thank those of you who have already started to develop material for this project, and for all of your hard work and enthusiasm. To this point, we have received various types of material which include: line-by-line revisions of the existing IP, a sponsorship guide for working the steps, drafts of booklet- or chapter-length material, a list of questions about sponsorship, and individual ideas about sponsorship. We believe that it would not be a prudent use of the fellowship's resources to automatically send out this material. However, if you want the material, please contact the WSO and a copy will be sent to you. What is important to know is that we are looking for *your ideas and concepts*, not drafts.

For updates about this and other literature projects, please read future issues of *NAWS News*, which is also available on our website (www.na.org). It is our hope that later in this conference cycle we can enter into a series of dialogues with the fellowship about NA literature in general and, more specifically, about our Basic Text and Little White Booklet. In the meantime, thank you for joining us in this exciting time.

Sample Sponsorship Questions

We want to gather as much information as possible about what you—our fellowship—thinks, wants, and needs about sponsorship. Please keep in mind that this is for literature published by the Fellowship of Narcotics Anonymous for its members.

As you think about this project, we must say this: You do not have to be organized into a formal literature committee to participate. We know that almost everyone has some ideas or opinions about sponsorship, and we would like to hear those ideas. Since only a small number of our members are involved in service committees, we want to encourage greater participation by keeping this as simple and as open as possible. We encourage you to meet and discuss this project in any way that works for your local NA community. It may be a few members or a large group of members, an ad hoc literature committee for this project, or even just one person who has some ideas to contribute. There are no requirements or committees to organize; nothing more is needed besides your ideas about sponsorship.

To help initiate your discussions, we have provided some *broad concept* questions. You are welcome to begin your discussions and brainstorming around these points, and we encourage you to expand upon these ideas. As you consider the subject of sponsorship, perhaps your creative thoughts will flow by thinking about “*everything I ever wanted to know about sponsorship and was afraid to ask.*” Our sole request from you is to share your **personal experience** and to think about sponsorship within NA, as a whole, when you write your thoughts.

In the big, overall picture, the concept we obviously want you to consider is:
What should NA literature say about sponsorship?

To help you start your discussions, we would like you to consider these points:

1. Is sponsorship a significant part of recovery?
2. What is important about sponsoring others?
3. How, or can, recovery occur without a sponsor?
4. How, or can, recovery occur without sponsoring others?
5. What is the relationship between spirituality and sponsorship?
6. What is the relationship between support and sponsorship?
7. What are roadblocks to utilizing a sponsor?
8. What are pathways to opening up to a sponsor?
9. Why is there same-sex sponsorship?
10. Can opposite-sex sponsorship work?
11. What is your understanding of the role and purpose of a sponsor?
12. How do you deal with relapse or illness with a sponsor?

As you can see, these questions are simply a starting point and are hardly exhaustive on the subject of sponsorship. If these suggestions are useful, please consider them. Probably a simple way to begin is by asking, “What is it that I want to know about sponsorship, and what would help me?” Your thoughts and experiences may mirror our concepts, or may be a new concept. There are no wrongs ... so have fun!

Become a service junkie

I've been doing service for nearly ten years in Narcotics Anonymous. I am regularly on our region's Campvention committee (Information Subcommittee), my own area committee (chair), and the regional committee (H&I chair). I go to my home group every week, a local H&I panel once a week, and PI panels when I can set them up. I am in an isolated part of the state. We have from two to four addicts who attend our recovery meeting regularly, and our NA meeting is the only one within 30 miles.

Some would call me a service junkie. Just how much time and miles does a service junkie put in? Here is what I do: Once a month I travel (round-trip) 160 miles to attend the Campvention and regional meeting on Saturday, which lasts from 10 am to 7 pm. To attend my area meeting, I travel 400 miles (round-trip); I leave for that meeting at 8 am, and I get home at about 6 pm on a Sunday. My H&I commitment is for an hour every week at our local county jail.

Yep, I'm a service junkie—and, speaking for service junkies everywhere, let me tell you: We are members of a vanishing breed. We are being replaced by self-service junkies. These are people who are willing to be involved in service only if it fits in nicely with their personal plans.

I talked with one person who has multiple years of clean time and asked why that person didn't step up and serve.

The answer was, "The service meeting is on Saturday, and I refuse to give up one Saturday a month."

Too bad. They obviously don't know what they are missing.

I have a full, happy life with my family. My family learned long ago that when I am involved in NA I am a better father and husband, so I have their support in service.

What do I get out of being a service junkie? Surprisingly, it is not ego-inflation—rather, it is self-deflation. I understand very clearly that my relationship with my Higher Power is dependent on how I treat His other children. When I am in service to my fellow addicts, I am in the service of my God. He rewards me in many ways, and not just spiritually.

At many service meetings, we may begin with the Serenity Prayer. We say, "We will now observe a moment of silence, keeping in mind who we serve and why." That simple prayer puts my own desires and agendas in subjection to God's desires. Ego has little to do with it. I realize very clearly that if I don't serve, someone else will—but, having said that, why should I not claim my share of the blessings?

Personal sacrifice also yields results in gratitude. When in service, I acknowledge that it is not my hands, my voice, or my experience alone that I give. Rather, I firmly believe that God uses us as His best tools if we remain humble and willing to serve. Inspiration is the true gift of service. The best sponsors use this same tool to make “suggestions” to struggling sponsees.

So I invite those of you who have not discovered the blessings of service to join me and take the name of “service junkie” proudly. I promise that the blessings you receive will be far more than freedom from active addiction. You will be given gifts that God reserves for those who give selfless service. Your own programs and families will be blessed, your gratitude will increase, and you will come to understand that, as our First Tradition states, “personal recovery depends on NA unity.” You will know who you serve and why.

Lloyd C, Utah



Guerrilla service

I am always impressed when I hear about the long-term commitments some of our members make. I am awe-struck when I hear about the person who took a panel into an institution for 20 years or whose service resume began when they first got clean, with no gaps in service. I am even impressed by the circuit speaker who gives up their weekends, month after month, year after year, to tell their story of recovery to addicts all around the world.

Frankly, I just don't have the patience, courage, time, or whatever it takes to do this. After years of getting halfway through commitments only to find the thrill wearing off, white-knuckling it through the remaining months, I have found a new approach to service. It began with doing a special project for public information.

I donated some tapes of our books to the Braille Institute for blind addicts. Then I connected a staff person at a local jail with the chairperson of H&I. This allowed me the front-end excitement of a new project without having to suffer for the last six months. Frankly, I have a short attention span and a love for the thrill of new projects.

These “guerilla service” projects have progressed. For the last few years I have come across service committees that no one was willing to chair. The area or region has been trying to fill the position for three to six months without success. They are desperate, and they are willing to accept what I have to offer. I step in, generate some enthusiasm and structure, train a vice chair to take my place, and then retire gracefully six to nine months after I started the commitment. While it can be hectic, it is never boring.

Guerrilla service is satisfying. It fills a need, and for those who have short attention spans or problems with commitment, it gives them a way to give back. It also gives the addict with an irregular work schedule or whose job moves them from place to place a way of belonging and giving back.

If it seems less noble to you in some ways than sticking in for the long haul, I want you to know that it feels less noble to me, too. I would like to be the person who has had the same phoneline slot for 18 years. However, I am satisfied being the person who checks the NA phoneline when they have a couple of hours. If no one is covering it, then I can be there for the addict trying to find a meeting or trying to stay clean one more day so they can test for their parole officer and not go back to jail.

For those who are like me, here are the steps to being a “guerrilla trusted servant.” Attend your local area or regional meeting and listen for the committee that has needed help for some time. Contact whoever is involved (often a newcomer who was left to keep things going, but without the qualifications to be a trusted servant) and find out what they need. Then tell them what you have to offer, with any limits you want to set. Be rigorously honest about your limitations with whatever body is assigning the task or electing the person to serve. Once in place, do a wonderful all-out job, knowing that you will be walking away from it soon, on your way to the next guerrilla adventure.

The worst that might happen is that you might find that you like the commitment so much that you decide to stay for a while.

Craig P W, California

What does Step One mean to you?

I can't use successfully, no matter what.

***Richie K, California,
5 months clean***

Picture this

NA communities are invited to send photographs of their meeting places. We especially welcome photos that include meeting formats, recovery literature, posters, dirty coffee cups, and anything else that makes the meeting place look “lived in.” Sorry, we cannot use photos that identify NA members. Please tell us about your meeting, its name, the location and city, how long it has been in existence, and what your format consists of (speaker, participation, etc.).



This meeting in Dharmshāla, India, is held in the Tibetan Children’s Village schoolhouse on Mondays at 5 pm. The meeting format is “leader’s choice.” The group has been meeting for four years, and there are usually five to six members attending. After the meeting the group will go out for chai (tea). Dharmshāla is now home to the Dalai Lama, as well as other Tibetan exiles.



The perfect fork in the road!

While these are not pictures of a particular NA group, it does show how far the NA message has reached. Located in a visibly prominent and heavily trafficked spot, this billboard in Medellín, Colombia, invites those with a drug problem to call the local helpline for Narcotics Anonymous.



CALENDAR

We encourage you to publicize your event by having it published on our website and in *The NA Way Magazine*. You can inform the WSO about your event by fax, phone, or regular post, or through our website. We encourage using the website because you can check to see if we already have a listing on your convention and, if not, you can enter your own convention information. It is then reviewed, formatted, and added to the online convention calendar on our website in approximately four days. Just go to www.na.org, click on "NA Events," and follow the instructions.

Convention announcements entered through the website and those received by other means are also given to *The NA Way*. *The NA Way* is published four times a year in January, April, July, and October. Each issue goes into production long before its distribution date, so we need a minimum of three months' notice to ensure your event will be published in the magazine—that's three months before our publication dates. For instance, if you want your event published in the October issue, we need to know by 1 July.

Australia

New South Wales: 13-15 Apr; Australian Regional Convention; Sunnybrook Hotel & Convention Centre, Sydney; hotel rsvns: + 61.2.97261222; event info: + 61.2.94530302; write: ARCNA, PO Box 6211, Frenchs Forest, NSW, Australia 2086; www.naoz.org.au

Canada

Alberta: 8-10 Jun; Chinook Area Convention; Recovery Rocks; Eternal Order of Eagles Hall, Lethbridge; event info: 403.380.6535; event registration: 403.564.4939; event info: 403.553.4693

British Columbia: 29 Jun-1 Jul; British Columbia Region; Multi-Regional Service Learning Days; Bonsor Community Center, Vancouver; hotel rsvns: 604.439.9392; event info: 604.439.9392; event registration: 604.540.5110; write: BCRNA, PO Box 16048, 617 Belmont St, New Westminster, BC, Canada V3M 6W6; www.bcrcsna.bc.ca

2) 1-3 Jun; Vancouver Area 8th Annual Sisters in Serenity Women's Retreat; Voices of the Heart; Camp Squamish, Squamish; event info: 604.294.9958, 604.294.1958; write: Vancouver Area, PO Box 1695, Station "A", Vancouver, BC, Canada V6C 2P7

Ontario: 18-20 May; Ontario Regional Conference XIV; Ottawa Congress Centre des Congrès d'Ottawa, Ottawa; hotel rsvns: 613.230.3033; univ. dorms: 613.562.5771; event registration: 613.744.5402; event info: 819.827.5761; write: ORCNA XIV Committee, 400 Bank St, Box 112, Ottawa, Ontario, Canada K2P 1Y5; www.orsc.idirect.com/ORCNA1.html

Quebec: 13-15 Apr; 9th Canadian Convention; Hotel Plaza Quebec, Quebec; hotel rsvns: 800.567.5276; event info: 418.889.8364, 418.529.1531; write: CSR Le Nordet, CP 1412, Terminus Quebec (Quebec), Quebec, Canada G1K 7G7; www.cana-acna.org

2) 29 Jun-1 Jul; European Conference & Convention; St Hyacinthe Convention Center & Hotel, St Hyacinthe; hotel rsvns: 888.910.1111; event info: 450.443.0275; speaker tape info: 514.919.6146; speaker tape submission deadline: 30 April 2001; write: EDM, ECCNA 18, CP 193, Succursale Beaubien, Montreal, Quebec, Canada H2G 3C9; <http://pages.infinit.net/eccna18>

Nova Scotia: 17-22 Jul; Annapolis Valley Area of NA; 12th Annual Pig Roast & Campout; Blomidon Provincial Park; event info: 902.582.7354, 902.678.7610; avana_groups@mailcity.com

Colombia

Santander Del Sur: 30 Jun-2 Jul; 10th Convención Regional de Colombia; Bucaramanga; hotel rsvns: + 94. 511.91.08; event info: + 94. 251.16.65; write: Colombia Region, Carrera 49 #50-09, Edificio Gran Colombia, Oficina Colombia 904

Costa Rica

San José: 24-27 May; Costa Rica Regional Convención Latinoamericana V; V Foro Zonal Latinoamericano; Best Western Irazu Hotel, San José; hotel rsvns: + 506.256.8140; event info: + 506.382.0428; write: Latinamerican Zone - Costa Rica Region, PO Box 778-1002, Paseo Estudiantes, San José, Costa Rica

Germany

Munich: 1-3 Jun; German-Speaking Regional Convention; Schwanthalerstr. 51-53; Sabel Schule; www.narcotics-anonymous.de; info@narcotics-anonymous.de

Guatemala

Antigua: 19-21 Oct; 1st Guatemala Regional Convention; We Are a Miracle; Antigua; event info: cleaves@terra.com.gt

Peru

Pucallpa: 28-30 Apr; Peruvian Regional Convention VII; Feeling the Warmth of Recovery; Happy Day Hotel, Pucallpa; event info: naregionperu@hotmail.com

Spain

Málaga Province: 11-13 May; Spain Regional Convention 2001; Residencia Tiempo Libre, Marbella; RSO: + 902.11.4147; event info: + 64.923.8186; write: Spain Region Narcóticos Anónimos, APDO correos NA, ESPAÑA 22-129, 08080 Barcelona, Spain

Sweden

Linköping: 20-22 Apr; 10th Swedish Regional Service Conference; Sankt Larsgården, Linköping; event info: + 46.13.212789; event registration: + 46.13.311303

Ystad: 22-24 Jun; Swedish Region; Midsommarkonvent; Vastervang Skolan, Ystad; hotel rsvns: + 46.411.522759; event registration: + 46.40.211461; write: Swedish Region; South Distrikt in Sweden, Ystadgatan 17214 24 Malmo, Sweden

Stockholm: 3-5 Jul; Stockholm Sweden's Summer Convention of NA; Lillsveds Folkhögskola, Stockholm; event info: + 46.8.51175797

United Kingdom

England: 6-8 Apr; UK Region; 12th London Convention of NA; Holland Park School, London; UKSO: + 44.20.7251.4007; UKSO fax: + 44.20.7251.4006; convention chair: + 44.20.7490.3665; write: UK Region, LCNA, c/o UKSO, 202 City Road, London, EC1V 2PH, England; www.ukna.org

United States

Arizona: 25-27 May Arizona Regional Convention XV; Dare to Dream; InnSuites Hotels, Tucson; hotel rsvns: 520.622.3000; event info: 602.242.8198, 602.548.9814, 480.844.3668, write: Arizona Region, PO Box 1351, Phoenix, AZ 85001; www.arizona-na.org

Arkansas: 15-17 Jun; Northwest Arkansas Area Service Committee of NA; Beaver Round-Up XVII; Buffalo Point National Park, Buffalo Point, Yellville; write: NAASCNA, 1415 W Laura St, Rogers, AR 72758

California: 13-15 Apr; 10th Annual Southern California Regional Spring Gathering; Burbank Hilton, Burbank; hotel rsvns: 800.445.8667; event info: 714.832.2735; write: SCR, Spring Gathering, PO Box 2783, Orange, CA 92859-0783

2) 12 May; Southern California Regional H&I Learning Day; Monrovia; event info: 626.287.5429; write: SCRCSO, 1935 S Myrtle Ave, Monrovia, CA 91016

3) 15-17 Jun; San Diego Imperial Regional Convention; The Dream Continues; San Diego Concourse, San Diego; hotel rsvns: 800.664.4400; program chair: 619.237.1783; event info: 760.758.3493; write: SDICR-CC, PO Box 16929, San Diego, CA 92176

4) 6-8 Jul; California Inland Regional Convention IV; Trust & Believe...We Can; Riviera Resort Hotel, Palm Springs; hotel rsvns: 800.444.8311, 760.324.5838, 760.342.3871, 760.361.1734; write: CIRNA, PO Box 362, Cathedral City, CA 92235-0362; www.cirna.org/convention

5) 3-6 Jul 2003; WCNA-30; 30th World Convention; 50th Anniversary of NA; San Diego Convention Center, San Diego; write: NAWS, 19737 Nordhoff Pl, Chatsworth, CA 91311

Florida: 3-6 May; North Atlanta Area; 25th Annual Panama City Fun in the Sun Weekend; Boardwalk Beach Resort, Panama City Beach; hotel rsvns: 800.224.4853; speaker tape info: 404.325.4252; event registration: 770.220.0788; event info: 770.745.0853; write: North Atlanta Area, PC Weekend, PO Box 95270, Atlanta, GA 30347

2) 4-6 May; Daytona Area Convention of NA III; Treasure Island Inn, Daytona Beach; hotel rsvns: 800.543.5070; hotel local number: 904.255.8371; write: DACNA, PO Box 247, Daytona Beach, FL 32115

3) 25-28 May; Gold Coast Area Convention XI; Oh Thank Heaven for GCANA; Embassy Suites Hotel Boca Raton, Boca Raton; hotel rsvns: 800.EMBASSY; event info: 954.532.9079, 954.345.6033, 954.724.5377; write: GCANA, PO Box 23325, Fort Lauderdale, FL 33307; http://www.goldcoastna.org/convention_info.htm

4) 31 Aug-3 Sep; South Florida Region Convention of NA; You Are Not Alone; Sheraton Hotel Airport, Fort Lauderdale; hotel rsvns: 954.920.3500; event registration: 954.986.1920; event info: 305.651.5024

Georgia: 13-15 Apr; Coastal Area 16th Anniversary; Carrying the Message 7; Jekyll Inn, Jekyll Island; hotel rsvns: 800.736.1046; event registration: 912.267.7784; event info: 912.579.2323; anniversary vice chair: 912.739.3153

2) 31 Aug-2 Sep; CSRANA; Peace in Recovery XIII; Ramada Plaza Hotel, Augusta; hotel rsvns: 706.722.5541, 706.592.9422, 803.279.3617, 706.772.9222; write: CSRANA, Peace in Recovery XIII, Program Committee, PO Box 10004, Augusta, GA 30901

3) 4-7 Jul 2002; WCNA-29; 29th World Convention of NA; Georgia World Congress Center, Atlanta; event info: 818.773.9999 ext. 200; write: NAWS, 19737 Nordhoff Place, Chatsworth, CA 91311

Hawaii: 18-20 May; Oahu Area; 17th Oahu Gathering of the Fellowship; Camp Mokuleia, Honolulu; event registration: 808.456.4871, 808.383.0511; event info: 808.254.3247; write: Oahu Area, PO Box 89636, Honolulu, HI 96830; www.na-hawaii.org/oahugathering.htm

Illinois: 6-8 Apr; Rock River Area Convention 10; Holiday Inn, South Beloit; hotel rsvns: 815.389.3481; event info: 815.623.9017; event registration: 815.394.1595; speaker tape info: 815.636.8807; write: Rock River Area, RRAGS, PO Box 8544, Rockford, IL 61126

2) 24-26 Aug; Living the Dream Area Convention I; Renaissance Hotel, Springfield; hotel rsvns: 217.544.8800; event registration: 800.468.3571; speaker tape submission deadline: 30 June 2001

Indiana: 25-28 May; North Central Indiana Area NA IX; We Grow with Love; Camp Mack, Milford; event registration: 219.295.4624; event info: 219.492.7530, 219.295.7148; write: NCIANA, Convention Programing, PO Box 1052, Elkhart, IN 46515

2) 15-17 Jun; New Beginnings Group of NA; Starway to Recovery; Lincoln State Park, Lincoln City; event info: 812.479.1131, 270.826.3807; write: New Beginnings Group, 1014 S Main St, Henderson, KY 42420

Iowa: 6-8 Jul; Iowa Regional Convention XVIII; Best Western Crossroads of the Bluffs, Council Bluffs; hotel rsvns: 712.322.3150, 712.323.9498, 712.325.9161, 641.743.8376; write: IRCNA, PO Box 327, Greenfield, IA 50849

Kansas: 1-3 Jun; Recovery Fest; Elk City State Park, Independence; event registration: 316.331.4911; event info: 417.782.3298, 316.331.0930

Kentucky: 13-15 Apr; South Central Kentucky Area Convention; Still Carrying the Message; University Plaza Hotel, Bowling Green; hotel rsvns: 800.801.1777; write: SCKA, PO Box 1671, Bowling Green, KY

Louisiana: 25-27 May; Louisiana Regional Convention; 2001 Recovery Odyssey; Hampton Inn-Louisiana Convention Center, Alexandria; hotel rsvns: 318.445.6996; event info: 318.449.1778; write: LRCNA, Box 8334, Alexandria, LA 71306

2) 30 Aug-2 Sep; New Orleans Area Convention VII; Radisson Hotel, New Orleans; hotel rsvns: 800.333.3333; event registration: 504.436.2759; speaker tape info: 504.866.3034; sas1@bellsouth.net; speaker tape submission deadline: 30 June 2001

Maryland: 20-22 Apr; Chesapeake Potomac Regional Convention of NA XV; Simplicity Is the Key; Ocean City; event info: 301.839.4425; write: SPANA, PO Box 3535, Capitol Heights, MD 20791; www.nalinks.org/cprcna or oceancity15@aol.com

2) 27-29 Jul; 4th Baltimore Area Convention; Baltimore Convention Center, Baltimore; hotel rsvns: 410.576.1000; event info: 410.566.4022; write: BACNA, Inc, PO Box 13473, Baltimore, MD 21203

Massachusetts: 4-6 May; Martha's Vineyard Area 14th Celebration of Recovery; A Spiritual Solution; Island Inn Conference Center, Oak Bluffs; hotel rsvns: 508.693.2002, 508.693.5437, 508.627.6049, 508.696.1031; speaker tape submission deadline: 20 April 2001; write: MVANA, PO Box 2754, Vineyard Haven, MA 02568; www.NewEnglandNA.org

2) 25-27 May; Boston Area Convention of NA; A Light at the End of the Tunnel VII; Sheraton Boston Hotel, Boston; hotel rsvns: 800.325.3535; speaker tape info: 617.288.3184; event info: 617.492.4863, 617.227.7873; write: BANA, 398 Columbus Ave #278, Boston, MA 02116

3) 20-22 Jul; Western Massachusetts Area Convention; Spiritually Growing in Recovery; Sheraton Hotel, Springfield; hotel rsvns: 800.426.9004; event info: 413.781.1010, 413.543.4440; event registration: 413.737.7702; write: WMACNA VIII, PO Box 5914, Springfield, MA 01101

Michigan: 12-15 Apr; Detroit Area Convention of NA IX; Sharing the Solution; Detroit Marriott Hotel Renaissance Center, Detroit; hotel rsvns: 313.568.8000; event registration: 734.955.1306; event info: 313.345.7049; speaker tape info: 313.538.4079; write: DACNA, PO Box 32603, Detroit, MI 48232-0603

2) 1-3 Jun; SBACNA; Little Girl Grows Up in NA II; Saginaw Plaza Hotel, Saginaw; hotel rsvns: 517.753.6608; event info: 517.755.4657

3) 10-12 Aug; Metro Detroit Regional Convention III; Through Change Comes Freedom; Novi Hilton, Novi; hotel rsvns: 248.349.4000; event registration: 313.255.6339; event info: 313.896.1255; speaker tape info: 734.481.2258; speaker tape submission deadline: 9 June 2001; write: MDRCNA, 220 W Nine Mile Rd, Ferndale, MI 48220

Minnesota: 6-8 Apr; 8th Minnesota Convention; Cragun's Resort, Brainerd; hotel rsvns: 218.825.2700; event info: 320.693.6438; write: NDANA, PO Box 576, Litchfield, MN 55355

2) 20-22 Jul; South Suburban Fireside Area & Minnesota Region of NA; Annual Pig Roast; Country Camping, Isanti; event info: 651.702.9426, 651.451.8893; www.naminnnesota.org/mnevents.html

Missouri: 1-3 Jun; Freebirds, Free at Last, Fifth Tradition Groups; 3rd Annual Recovery Fest; Elk City State Park, Joplin; event info: 417.782.3298, 316.331.0930; treasurer: 316.331.4911

2) 8-10 Jun; Show Me Regional Convention XVI; Tools of Recovery; Regal Riverfront Hotel, St. Louis; hotel rsvns: 800.325.7353; event info: 314.241.9500; write: SMRCNA16, c/o Show-Me RSO, PO Box 15957, Overland, MO 63114; www.regal-hotels.com/stlouis

Montana: 18-20 May; Rocky Mountain Forum & 13th Annual MontaNA Gathering; Boulder; hotel rsvns: 406.225.4339; event registration: 406.443.4702; write: RMFNA, 598 S 100 W, Heber, UT 84032; www.namontana.com

Nevada: 12-15 Apr; Southern Nevada Convention of NA 15; Where Dreams Come True; Riviera Hotel, Las Vegas; hotel rsvns: 702.734.5110; event info: 702.656.3916; write: SNACNA, 4542 East Tropicana Ave, Box 101, Las Vegas, NV 89121

2) 27-29 Jul; Sierra Sage Region; Western States Forum; Peppermill Hotel and Casino, Reno; hotel rsvns: 800.648.6992; www.sierrasagena.org

New Hampshire: 22-24 Jun; Granite State Area; Fellowship in the Field XI Campout; Apple Hill Campground, Bethlehem; event info: 603.645.4777; write: GSANA, PO Box 5171, Manchester, NH 03108; http://www.gsana.org

New York: 13-15 Apr; Greater New York Regional Convention; Freedom XV; Hilton, New York; hotel rsvns: 800.HILTONS; event registration: 800.445.8667; event info: 212.242.8140; write: GNYRNA, PO Box 8130, FDR Station, NY, NY 10150

2) 27-29 Jul; Suffolk Area Convention; Lighting the Way III; Long Island Shining in Recovery; Sheraton Long Island Hotel, Hauppauge; hotel rsvns: 631.231.1100; event registration: 631.584.2187, 631.665.1338; event info: 631.580.3827; speaker tape submission deadline: 4/30/01; write: SACNA, PMB #158, 26 Railroad Ave, Babylon, NY 11702; www.sasna.org

North Carolina: 27-29 Apr; Greater Charlotte Area; Bound for Freedom XVI; Hilton Tower Charlotte, Charlotte; hotel rsvns: 800.445.8667; event registration: 704.532.0017; event info: 704.536.0053, 704.344.8018; write: GCANA, PO Box 33306, Charlotte, NC 28202

2) 1-3 Jun; Western North Carolina Area; Looking Glass Bash II; Upper & Lower Cove Creek Group Camping Sites, Brevard; event info: 828.258.4537; write: WNCASC, PO Box 2066, Asheville, NC 28802

Ohio: 25-27 May; The Gift Is in the Giving; Holiday Inn Hudson, Hudson; hotel rsvns: 330.653.9191; write: GLANA, OCNA XIX, PO Box 1394, Painesville, OH 44077; www.naohio.org

2) 28-30 Jun 2002; Dayton Area Service Committee Convention IV; Out of the Darkness into the Light: Vision Without Limits; Dayton Marriott, Dayton; hotel rsvns: 800.450.8225; event registration: 937.274.5332; speaker tape info: 937.223.2027; speaker tape submission deadline: 6/30/01; write: DASCNACC IV, PO Box 3156, Dayton, OH 45401

3) 24-25 Aug; Dayton Area; Man to Man Convention 5; Dayton; event info: 937.275.4838, 937.275.2435

Oklahoma: 20-22 Apr; Oklahoma Regional Convention XV; Recovery—One Size Fits All; Ramada Inn, McAlester; hotel rsvns: 800.272.6232

Oregon: 11-13 May; Pacific Cascade Regional Convention; The Message Is Hope; Red Lion Hotel Medford, Medford; hotel rsvns: 541.779.5811; event info: 541.773.3587; write: PCRCNA #8, PO Box 3931, Central Point, OR 97504; www.ccountry.net/~percna_8

2) 3-5 Aug; Newport 9th Annual Campout & Fish Fry; Canal Creek Campground, Newport; hotel rsvns: 541.336.1834; event info: 541.265.5942, 541.574.6350; event registration: 541.928.5714; write: Newport NA Campout & Fish Fry, PO Box 101, Toledo, OR

Pennsylvania: 13-15 Apr; Greater Philadelphia Regional Convention; Radisson Valley Forge, Philadelphia; event registration: 215.961.2154; event info: 215.227.5936; write: GPRCNA, PO Box 21144, Philadelphia, PA 19114-0344

South Dakota: 6-11 Aug; South Dakota Regional Sheridan Lake Campout; Ranger Rick Group Campsite, Sheridan Lake; event info: 605.332.5271, 605.534.3144; write: SDRNA, PO Box 788, Sioux Falls, SD 57101; www.southdakotana.org

Tennessee: 17-19 Aug; Middle Tennessee Area Unity Convention IV; Airport Marriott Hotel, Nashville; hotel rsvns: 800.770.0555; event info: 615.568.2337; event registration: 615.313.0049; speaker tape info: 615.242.6374; speaker tape submission deadline: 15 April 2001; write: MTACNA, PO Box 100535, Nashville, TN 37224

Texas: 13-15 Apr; 16th Lone Star Regional Convention; One Program, One Promise—Without Parallel; Radisson Plaza Hotel, Fort Worth; hotel rsvns: 817.870.2100; event info: 972.245.8972; event registration: 800.747.8972; write: LSRCA, 1510 Randolph #205, Carrollton, TX 75006; www.lsrna.com

2) 18-20 May; 71st Texas Unity Convention; Redwood Lodge, Lake Whitney; hotel rsvns: 254.694.3412; event info: 972.254.4115, 915.388.2389; public relations: 512.657.5357; write: TUCNA; PO Box 550157, Dallas, TX 75355

3) 17-18 Aug; 72nd Texas Unity Convention; Redwood Lodge, Lake Whitney; hotel rsvns: 254.694.3412; event info: 972.254.4115, 915.388.2389, 512.657.5357; write: TUCNA, PO Box 550157, Dallas, TX 75355

Utah: 1-3 Jun; Uintah Basin Area of NA; 15th Celebration of Recovery; Vernal; event info: 435.781.1979; speaker tape submission deadline: 1 April 2001; write: UBANA, PO Box 1476, Vernal, UT 84078

Washington: 18-20 May; Washington/Northern Idaho Regional Convention; Walking the Circle of Recovery Together; Howard Johnson Plaza Hotel, Everett; hotel rsvns: 425.339.3333; speaker tape info: 206.382.0534; event info: 206.382.0534; speaker tape submission deadline: 1 September 2001; write: WNIRCNA-16, 17171 Bothell Way, PMB 213, Seattle, WA 98155

West Virginia: 4-6 May; MRSCNA; A Leap of Faith; Cedar Lakes Conference Center, Ripley; hotel rsvns: 304.372.7860; event info: 304.926.8922, 304.343.7827



From the World Service Office

Just to remind everyone, the five-percent literature price increase that was originally scheduled to take effect on 1 January 2000—that is, one year ago—has now been implemented. The schedule for a price increase every three years began in 1996; however, last year's increase was delayed to allow other policy changes to be completely implemented. The uniform, across-the-board five-percent increase applies to all items in the WSO catalog.

WSO PRODUCT UPDATE

2001 Phoneline Directory

Item No. EN-2112 Price US \$2.10

Norwegian Group Reading Cards

Item No. NR-9130 Price US \$2.20

Hindi Keytags

Available from Welcome through Multiple Years
Item No. HI-4100—4108 Price US \$0.37 each

Swedish Step Working Guides

Anonyma Narkomaners Stegarbetsguider

Item No. SW-1400 Price US \$7.30

Home GROUP

