

Spiritual Principle a Day Book Project

Workshop Session Profile

Materials:

- PowerPoint slide show
- Writing template for daily meditations (quotation, elaboration, reflection)
- Quotations on “current” spiritual principle(s) cut into strips and bundled for groups. For example, if you have groups of 8, prepare 8 quotations on a single spiritual principle for each table group.

INTRODUCTION & BACKGROUND

15 minutes

Open with a moment of silence, the NA prayer of your choice, and introductions.

Slide 1: Title slide

Welcome! We’re here today to introduce you to the Spiritual Principle a Day Book Project. Like all of NA literature projects, this book will be written by addicts, for addicts. We’re glad you’re with us today, because this is a Fellowship-wide effort and our contributions are needed. In a little bit, we’re going to develop some of the raw materials that will be used in the book’s development. But first, let’s start with a little background information on our literature development process in general and the specifics that brought us to where we are today with the current book project.

Slide 2: Literature development infographic

This infographic gives an overview of our literature development process. We don’t need to go through each step of the process at this time, but simply want to point out all the input that shapes a project plan. All project plans are included in the CAT—the Conference Approval Track, represented by the sleeping kitty—that springs into action with World Service Conference approval. That brings us to why we’re gathered today to generate some material for the new book. (If anyone wants a closer look at the graphic, it can be found in the *2017 Annual Report* available at www.na.org/ar.)

Slide 3: Project Background

Here’s how this process has played out on this literature project so far. Surveys are one of the tools we use to understand the needs of our Fellowship. In the lead up to the 2016 World Service Conference, we circulated a survey that asked—among other things--about priorities for recovery literature. We found that there was a great deal of interest in a new daily meditation book. During the 2016-2018 Conference cycle, we sought to understand a bit more about the Fellowship’s preferences and our vision for a daily meditation book. We learned that the idea of “a spiritual principle a day” seems to really resonate with us. Many pointed out the value of drawing from any and all NA literature. In addition, we heard the desire to have the real voices of

members come through—“less theory, and more experience” as one member noted. In addition, repeating principles seemed to be an idea members embraced rather than being concerned about. They saw it as an opportunity to delve more broadly and deeply into a principle. Over 98 percent of respondents want the book to be similar in format to *Just for Today*—quotation, elaboration, reflection.

Transition: Why are we here?

10 minutes

Slide 4: A Project is Born

The project plan for a book fitting this description appeared in the 2018 Conference Approval Track materials and was approved by the Conference in May 2018. A workgroup was formed following the Conference. Today, in just a few minutes, we'll be generating some material for them to work with. We'll be reading, thinking, talking, and writing about the current batch of spiritual principles. The book will address many spiritual principles more than once over 366 days, so please consider hosting other writers' workshops, large or small, as we turn to writing on additional principles.

Slide 5: Advance Material

The material provided in advance of a text's creation has the greatest impact on the final product. The workgroup's work uses these raw materials to construct a finished product that both reflects the Fellowship's sentiments and fits into the vision the laid out in the project plan. Because this book will consist of 366 small, almost independent pieces, there is great opportunity for members of the Fellowship to submit material that can be woven together to create the text for each day of the year. One of the beautiful things about this stage of the process is that it's less constrained by the English language. Input can be submitted in ANY language. The workgroup will process everything we get to identify key ideas and themes, as well as personal experiences and applications of spiritual principles that stand out. Although some input may be used as-is, most will be woven together with writing submitted by other members.

Work in Small Groups

45 minutes

Slide 6: Getting ready to write – *Don't skimp on this important step!*

Before you get started, every group will need a facilitator simply to make sure you share the time and keep moving toward the finish line. Would everyone take a minute to look around your table and point to the person you think should facilitate? (As groups choose their facilitator, hand them a bundle of quotations but ask them to not pass them out just yet.)

Before any of us put pen to paper (or get out our smartphones to type on an online form), we want to take about 10 minutes to talk about our experience and what the literature says about a spiritual principle with the other members in our table groups. There may be some task-oriented people in the room that are anxious to start writing; we hope you will bear with us and take this time to talk first so we can all get our creative juices flowing.

In a minute, your facilitator will pass out strips of paper with excerpts from our literature. You're going to read them aloud round-robin style and then talk about what you read and your understanding and experience with the spiritual principle your group's been assigned. What questions might you have? If not, I'll start this 10-minute timer...(click mouse).

Slide 7: Time to write!

We hope that conversation was helpful, because the time has come to write. You can write alone or with a partner. You can use the writing template on your tables or—even better—a device to write and submit with an online form by following a link on the SPAD webpage [www.na.org/spad]. Please don't get too nervous or fussy your writing. Just try to commit your share to paper, focusing on communicating your ideas. As a well-known author once advised: "Start writing no matter what. The water doesn't flow until the faucet is turned on." (Louis L'Amour) We'll start with 10 minutes for this. The timer on the screen will start with the next click of the mouse. (If the room seems to need a few more minutes after 10 minutes have passed, add another 2, 3, or 5 minutes as needed.)

Slide 8: Show & tell

Next, we'll go around the table and read what we wrote.

Slide 9: "A member shared..."

Can we get a few volunteers to read what you or another group member wrote? (Call on members to share their drafts, as time permits, leaving 5-10 minutes at the end for a wrap-up.)

Wrap Up

5 minutes

Slide 10: What's next?

- Thank you for participating today. We're going to collect what you've written and send it to NA World Services for the workgroup.
- If you would please pass your writing to your facilitator, he or she can put them in a nice neat pile that will help us collect them.
- To stay in the loop and contribute to this effort, please subscribe to *NAWS News* at www.na.org/subscribe. Not only will that publication provide information, but this will also put you on the list for regular e-blasts with information on the project and ways you can contribute.
- Keep in mind that we'll have many more principles and quotations to workshop over the course of the next 2+ years, so please consider how you and your service body or sponsees might want to pitch in. We encourage you to do this workshop locally and send your results to NAWS. We cannot write this book without the kind of help we provided today.
- Thank you all for attending and contributing!

A note to the workshop facilitators about submitting written material

There are a few ways to submit the writing you've collected. Here they are in the order of preference:

Submit via our online forms: We've posted a form for each principle we're currently working on at www.na.org/spad. Utilizing these online forms during and/or after the workshop streamlines our process considerably. If you have the means to do this, we would sincerely appreciate it.

Scan and email: If you have access to a scanner, please run all of the writing you've collected through a scanner and send it as one document (preferably) to spad@na.org. Alternatively, use your smartphones to turn paper into digital documents with a free scanner app like Genius Scan or CamScanner-PDF Creator. These operate much like your phone's camera but can create multi-page documents instead of individual pictures.

Photograph and email: Use your smartphone to photograph each page and email the pictures to spad@na.org.

Mail hard copies: If all else fails, stick them in an envelope and sent them to:

NA World Service Office
Attn.: SPAD
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Chatsworth, CA 91311
USA