

Attentiveness

ATTENTIVENESS: Each of us has something to offer. We don't need specialized training to carry the message; all we need to do is pay attention (*Guiding Principles*, Tradition Eight, opening meditation).

ATTENTIVENESS: Hearing addicts share their experience, seeing recovery in action, feeling the love in the room—all this is as much a part of the process as the work we do on the Steps (*Guiding Principles*, Tradition Eleven, opening essay).

Caring

CARING, Quotation #1 of 2: There is a paradox here: We need to develop empathy and concern for others, and to let go of self-obsession without losing sight of ourselves (*Living Clean*, Chapter 5, "Friendship").

CARING, Quotation #2 of 2: Even with many years clean, separating and reconciling what's in our heart and what's in our head doesn't come automatically. We need another set of eyes; we need a caring, attentive listener to help us sort things out (*Living Clean*, Chapter 5, "Romantic Relationships").

Consistency

CONSISTENCY, Quotation #1 of 3: Most importantly, a group needs the consistent commitment of its members to show up and take part in its meetings. Upon that commitment rests the group's stability; without it, no group can survive long (*It Works*, Tradition Seven).

CONSISTENCY, Quotation #2 of 3: In the Tenth Step, we use all the principles and actions we learned in the previous steps, applying them to our lives on a consistent basis (*It Works*, Step Ten).

CONSISTENCY, Quotation #3 of 3: When we attend meetings regularly, people get to know us and see us over time (*Living Clean*, Chapter 2, "Connection to Others").

Interdependence

INTERDEPENDENCE, Quotation #1 of 4: Just as we learned in early recovery that we need each other to stay clean, we come to believe that all of us, every NA meeting and group, are interdependent (*It Works*, Tradition One).

INTERDEPENDENCE, Quotation #2 of 4: Recovery doesn't happen in a vacuum, we need one another (*Living Clean*, Chapter 5: Relationships).

INTERDEPENDENCE, Quotation #3 of 4: As a member of an NA group, we take part in developing a conscience about how the group will meet its responsibilities and participate in the life of the larger Fellowship (*Guiding Principles*, Tradition Seven, "For Members").

INTERDEPENDENCE, Quotation #3 of 4: When one addict helps another, NA is there. NA isn't one addict or the other; it's the helping, the sharing, the spirit of unity, the feeling of hope shared between us (*Guiding Principles*, Tradition Nine, opening meditation).

Purpose

PURPOSE, Quotation 1 of 7: Faith in the process means believing that we are moving in the right direction, even if it's not where we thought we would be going (*Living Clean*, Chapter 1, "Desperation to Passion").

PURPOSE, Quotation 2 of 7: What a joy it is to be part of something that not only saves people's lives, but makes them worth living (*Living Clean*, Chapter 5, "Fellowship").

PURPOSE, Quotation 3 of 7: Helping others is perhaps the highest aspiration of the human heart and something we have been entrusted with as a result of a higher power working in our lives (*It Works*, Step Twelve).

PURPOSE, Quotation 4 of 7: We begin to feel connected to the world around us and our lives have purpose. (*Living Clean*, Chapter 3, "Creative Action of the Spirit").

PURPOSE, Quotation 5 of 7: Being able to focus on a primary purpose and work creatively toward it is so much part of our way of life that we may not realize how valued that is in the world at large (*Living Clean*, Chapter 5, "Bridging Two Worlds: Relationships Outside NA").

PURPOSE, Quotation 6 of 7: ...[W]e come to understand that our spirituality is not a part of our lives; it is a way of life that brings us to an understanding of our purpose... (*Living Clean*, Table of Contents).

PURPOSE, Quotation 7 of 7: Groups have come together to form service bodies that help them achieve their primary purpose. Service bodies have formed workgroups, boards, and committees to accomplish the tasks that support the groups (*Guiding Principles*, Tradition Nine, opening meditation).

Selflessness

SELFLESSNESS, Quotation #1 of 3: Make us servants of Your will and grant us a bond of selflessness, that this may truly be Your work, not ours—in order that no addict, anywhere, need die from the horrors of addiction (Basic Text, "Introduction").

SELFLESSNESS, Quotation #2 of 3: Practicing selflessness gives us relief from self-obsession (*Living Clean*, Chapter 5, "Fellowship").

SELFLESSNESS, Quotation #3 of 3: Selflessness is another indispensable element in unity. The principles we learn in the steps help us let go of our selfishness and lovingly serve the needs of others (*It Works*, Tradition One).

Sincerity

SINCERITY, Quotation #1 or 2: We listen to one another with an open mind and an open heart, and we share our experience with the understanding that it won't necessarily be shared by everyone else (*Living Clean*, Chapter 3, "A Spiritual Journey").

SINCERITY: Quotation #2 of 2: Our willingness and humility show as a genuine desire to do better, no matter how well we're doing—not because we have something to prove, but because we care (*Living Clean*, Chapter 6, "Work").

Solidarity

SOLIDARITY, Quotation #1 or 3: The safe environment of NA gave me the chance to face my own fear. ...The security and solidarity that I get from the program gave me room to breathe (Basic Text, "Coming Home").

SOLIDARITY, Quotation #2 or 3: There is a special feeling for addicts when they discover that there are other people who share their difficulties, past and present (Basic Text, Chapter 5: What Can I Do?)

SOLIDARITY, Quotation #3 or 3: An NA group reinforces the solidarity of its members and the foundation of their continued recovery by declining outside contributions (*It Works*, Tradition Seven).

Steadfastness

STEADFASTNESS, Quotation #1 or 2: We grow to be steady, reliable, loving people who can be a force for change in the lives of other addicts and beyond (*Living Clean*, Chapter 5: Relationships).

STEADFASTNESS, Quotation #2 or 2: We learn what is true for us, and that sets the direction for our lives (*Living Clean*, Chapter 2, "Connection to a Higher Power").

ODDS & ENDS

This collection of 13 quotations reflects input from the Fellowship and an attempt to fill some gaps. A few of these are definitely outliers, but in a book with 366 entries, a few oddballs might be fine. In fact, that's been a common sentiment in the input. Essentially:

Some of these seem like good qualities but maybe not spiritual principles. We thought that was true for _____, but after reading the drafts, we really like it. Now we're convinced: more is better! And if we don't like one, there's always tomorrow.

So, while we don't typically think of "wonder" or "breakfast" as spiritual principles, members suggested circulating them. If they yield interesting source material, you'll see drafts in the final batch of Review & Input drafts due out in late May, and you'll have a chance to weigh in again then.

Other spiritual principles on this list—including "safety" and "equality"—were addressed in entries on adjacent principles but seemed to warrant at least one devoted entry. Still other principles on this list have been circulated previously. We needed additional "coverage" on some Traditions, prompting us to add another quotation and entry.

WONDER: Allowing the possibility that there will always be something we don't know means that there is always room for something greater than ourselves to work on us and through us (*Living Clean*, Chapter 3, "A Spiritual, Not Religious Program").

SIMPLICITY: Our message—that any addict can stop using drugs, lose the desire to use, and find a new way to live—is all we have to give, and it is sufficient to change the lives of addicts all over the world (*Guiding Principles*, Tradition Eleven, opening essay).

SAFETY: Anonymity provides us with safety, both in NA and in our spirit. When we let go of the need to judge and be judged, we can take risks, try new things or ideas, and continue to grow, secure in the love of the Fellowship (*Guiding Principles*, Tradition Twelve, "For Members").

PARTICIPATION: As a member of an NA group, we take part in developing a conscience about how the group will meet its responsibilities and participate in the life of the larger Fellowship (*Guiding Principles*, Tradition Seven, "For Members").

RESTRAINT: Just staying in our seat without checking our phone or creating side conversation can be surprisingly difficult, especially when we are having feelings we'd rather avoid (*Guiding Principles*, Tradition Six, opening meditation).

HUMILITY: Balancing willingness and humility means that we are able to step up to the work we are able to do, and also admit that sometimes we need help (*Guiding Principles*, Tradition Eight, "Spiritual Principles").

HONOR: We learn to trust our intuition and honor our feelings (*Living Clean*, Chapter 5, "Conscious Contact").

HONESTY: As our thinking becomes clearer, our ability to be honest increases (*Guiding Principles*, Tradition Ten, opening meditation).

GENEROSITY: Recovery is a gift, given freely, passed from hand to hand and heart to heart (*Guiding Principles*, Tradition Eight, opening meditation).

EQUANIMITY: When we feel dignity, we are not turned by a passing breeze, and we no longer need to defend ourselves from every shadow (*Guiding Principles*, Tradition One, opening meditation).

EQUALITY: The therapeutic value of one addict helping another is a two-way street. It doesn't matter who is doing the giving or the taking. We are all equally entitled to ask and to provide, and wherever we are in the exchange, we benefit (*Living Clean*, Chapter 7: "Being of Service").

CURIOSITY: We keep learning and growing, finding ways to live and to use our experience to help others. No matter how long we have been clean, there is still more for us to learn and more for us to share (*Living Clean*, Chapter 7, "Love").

COMMUNICATION: We learn when to speak the truth, and when silence is the wiser choice (*Guiding Principles*, Tradition Ten, "For Members").

BREAKFAST: I discovered that breakfast is a spiritual principle: With honesty, open-mindedness, willingness, and breakfast, we're well on our way (Basic Text, "Life on Life's Terms").