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The New/Old NAWay

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Mission

Alternate Service Information Structure

for Narcotics Anonymous is a point of collection for the informed group conscience of N.A. While we believe an attempt to reform N.A. service from within the existing structure might be beneficial, what we believe to be a more effective strategy is to provide a steady, reliable, non-political, and non-combative alternative for directly responsible service.

Surrendering my will

When I came into this Fellowship, people told me to keep coming back, work the steps, to pray, read the literature, and listen to others. After coming to an understanding of the first two steps and using them every day, I feel like a human being again. I've always believed in a God but I didn't have trust and faith. I've been praying to a Higher Power and going to meetings every day. The things I need come in bits and pieces. Usually, only when I've tried every other way, I realize then that it is time to surrender.

In my understanding of God, all you have to do is ask for help and try not to make the same mistakes over again. When I've done that, I feel a calmness and happiness in my heart that wasn't ever there before. Each morning I turn my day over to my Higher Power. Sometimes during the day I have to turn situations over, and pray for tolerance, patience, strength, guidance, or whatever it is that I need to do my God's will. It helps me to get a better perspective on things and a better attitude. I can see little things happening to me and others in my life.

My will has been quieted quite a bit. I'm thinking of others' feelings and situations. It feels good to care and try to do my best. I feel as if someone's looking over me, making sure I'm not into something I can't handle. I like that. Even though I can't touch it, I believe with all my heart. Even tough times are a little easier now. I seem to be getting a little more patient and considerate. I don't have to know everything or butt into other peoples' affairs. I decided a while back to turn my will and my life over to the care of God as I understand him. It has taken time to grow into fully trusting that decision, and to put it into action in my daily life. My thinking is changing, I pray; I try not to be so self centered and self willed or so "know—it—all". I figure when I know something I know it, if I don't I'll keep my mouth shut.

Having some control over actions is neat for me because I never did before. I never tried and didn't use any Higher Power. My H.P. seems to be able to control me even when I can't control myself. All I have to do is ask. I ask a lot. This has helped me stay out of trouble. I try to stay away from the situations that consistently precede trouble for me. I'm not a super human or a god and I can't control other people or their actions.

My God has not only helped me to get clean but to stop living in shortcomings like using cigarettes too. I don't have an overwhelming desire anymore for anything. I can stop. I have, for today, surrendered. It feels good not to be dependent on anything but my H.P., and other clean people.

I feel like I'm doing the right things for me today. My God's will has quieted my self will and in turn my life doesn't have the turmoil and disillusionments that it used to. Life feels good today. Praying feels good today. Helping others and being a nice person feels good. Doing my God's will feels great. It works for me today.

Another thing I believe is my God's will for me is to share my experience in N.A. with others. I believe it must be my God's will for me to do service work because it makes me feel worthy

of life again. I'm a responsible and trustworthy person that others can care about and have feelings for. Step Three is a big change in my life. Through trusting, caring, sharing and being honest, I feel full today, like maybe I might have enough. I feel that with my God's help, I can continue to grow and change and do anything that is His will for me, not have to know why and how, just carrying on as best I can and not worrying.

Taking action on words that I say and think has always been hard for me, especially when I might fail, Now I pray about things, prepare, and do what my gut level feeling thinks is right, I don't just sit around and wait for something to happen in my recovery. I make things happen by going to meetings, using the phone, talking to others, and getting my "hugs" Just for today, I'm not afraid of failing or of rejection because I know my H.P. has helped me through thick and thin. If something doesn't happen the way I think it should, I realize my way couldn't have been my God's way ... that I was wrong. Even situations like that feel okay now, It is a great feeling, to not worry about trivial things, allowing myself to just move on from day to day. I get rid of what I can, change what needs to be changed, and accept the rest. I'm okay today, thanks to my God's power and love. My God's will seems right for me today. I trust and believe in my Higher Power and I know that nothing and no one can take that away from me, I'm grateful to the Spirit that flows through the people in N.A that helped me to see the truth where before I saw none, It feels good that I have this faith and trust and don't have to worry, Just For Today, Things will work out for the best, especially if I don't try to push my will into my life or anyone else's life.

Paraphrased from NA Way August 1983

My Seventh Step

After careful review of the sixth step, some might wonder why we would have to do the seventh step. Many believe that the seventh step is the spiritual action resulting from the willingness of the sixth step. The six step tells us that God could remove our defects however that we would have to be entirely ready. The key to step six is perhaps the word "entirely" and may also be waiting on God to take action for the healing process.



The seventh step goes on to talk about shortcomings. Are defects and shortcomings the same, if so why do we have to repeat the same step. As I worked the steps I came to an understanding that I become entirely ready to have God remove my defects of character, however it would actually happen in Gods time not mine. That is were the seventh step came into play for me. The shortcomings that I see in step seven are my acting out at the emotional level affecting my ability to think clearly. That is were I become emotionally unstable which is how I cause the most damage to myself and others. I had to become humble and admit that I needed help from God in this area.

I needed to identify that I had a problem with acting out on my emotions and that God could indeed help me with this area if I surrendered and become humble. How to we become humble? I had to write on what humble meant to me and than looked up the word humble in the dictionary and if I had a different meaning than the dictionary I wrote what I had learned from this process. I also wrote example's on how I became humble and how I approach God with humility. I became "naked in the spirit" and then could identify my emotions before I acted out on them and could then ask God to remove this shortcoming.

I had to write a daily inventory on how I reacted on shortcomings in my daily life. I wrote on how I felt before I acted out on my shortcomings, what lead up to the acting out. I had to look at what defective characteristics came into play, how I had acted out on these shortcomings and what were the results of acting out. By taking a daily inventory I became willing to become humble before God and ask for help with this area of my life. In the Basic Text it says that emotional stability is the last to return to us. Just in my personal life I came to believe that addiction may be a four fold disease (separating emotional from mental) and recovery might also be for me a four fold process. The seventh step could be the beginning of our emotions becoming stable. This may be where our beliefs become an action of faith in God and his power in our lives to restore us to sanity that we talk about in the second step. It can also be a continuation of the action of the third step were we decide to turn our will and lives over to the care of God. Without this step I was not be able to make a list of the people I had harmed in step eight.

Now I feel that fear is my primary defect of character and my primary shortcoming is anger. I usually act out with anger hurting others or myself. I can now go to God with my anger and ask him to remove the action of acting out while healing my defected character in his time. I now have faith in God's ability and power to heal me.

This is were the serenity prayer comes into play.

"God grant me the serenity to except the things I cannot change and to change the things that I can and the ability to know the difference."

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Open Meetings/Non-Addicts

It seems every meeting you attend these days is 'open'. Just what is an 'open meeting'? I was taught that an open meeting was for the general public, family, or friends who may have an interest in Narcotics Anonymous, those who want to know more about recovery from addiction.. And Closed Meetings, are for those of us seeking recovery from addiction and whose very lives depend on recovery from active addiction.

An open meeting is not a place for non-addicts to speak, yet I have been in meetings where this happens. In some parts of the USA it is customary to celebrate your



anniversary by sharing your story in an “open meeting” and inviting family and friends. At the end of the meeting, the meeting itself is opened up for comments by anyone.

What has developed has really disturbed me. These meetings often have non-addicts speaking who represent a dogmatic, exclusive perception of God that NA does not endorse. This is *not* furthering the primary purpose of our groups or NA, it is however, endorsing (in my experience) Christianity (an outside enterprise), and surely does not provide for the welfare of the group. ***

I wonder if we need to study once again what the purpose of an open meeting is? **** Do we really want family and friends speaking at an NA meeting? We can't expect these folks to speak within our Traditions, because they probably do not know them.

It is my experience that I must share and be honest with what I see. I would rather sit back and say nothing, it seems easier to compromise than to stand for something that I know is important. Lets think about the newcomer for a moment, and how uncomfortable it was for many of us when we got to these rooms to hear the word God. When we specifically name a God, we begin to separate ourselves from the very people we rely on, addicts in recovery. Yes, the Basic Text tells us the right to a God of our understanding is total and without any catches...and that we must be honest about our belief if we are to grow spiritually. However, this is not to be done in meetings where we are bound by Traditions. I am honest about my faith with my sponsor and support family...if I were to share my faith in meetings, I would in fact, make an endorsement., which the 6th Tradition tells me I cannot do in a group setting.

Why separate ourselves, addiction already does that to all of us. Our Basic Text only speaks of God and Higher Power...no other name, and I believe that is for a reason: so, that all addicts, regardless of their belief, can find recovery from addiction just as openly and freely as I have.

A simple solution, make your homegroup a closed meeting and for all means, provide an atmosphere of recovery for that newcomer.

****The practice illustrated here clearly violates our 10th Tradition, our 6th Tradition, and therefore our 5th Tradition.*

*****Open meetings are Public Information projects of NA Groups to inform people who want to experience our fellowship and program: they are PRESENTATIONS of NA.*

Up Coming History/ Tradition Retreat in Ohio

It's that time of year where many of us get together to discuss the Traditions and the History of Narcotics Anonymous. The retreat is held every September in East Liverpool, Ohio and provides a great opportunity to get into smaller groups to discuss/study the Traditions. Furthermore, we discuss



the history of NA to help us to understand the development of our program and fellowship. There are many solutions to be found throughout our history. Even in my personal life, I have to take the time to look back, to see what worked and what didn't work. As a result, I gain more knowledge and make better decisions.

Each year I attend, the retreat gets a bit larger, and I get even more excited. Excited that folks are wanting to learn about the Traditions and how they work, and how we can apply them in our groups. They are essential for the survival of the group, that is why I desire to learn even more in depth about each and every Tradition. My life depends on Narcotics Anonymous! See you at the Retreat, bring your book!—Ed

FOR ALL THE TIMES

FOR ALL THE TIMES,
I WASN'T THERE;
FOR ALL THE TIMES,
I DIDN'T CARE;
FOR ALL THE TIMES,
I COULDN'T SHARE;
FOR ALL THE TIMES,
OF BROKEN DREAMS;
FOR ALL THE TIMES,
I NEVER LOVED;
FOR ALL THE TIMES,
I HAVE CRIED;
FOR ALL THE TIMES,
OF YESTERDAYS GONE;
FOR ALL THE TIMES,
OF TOMORROWS NEVER TO COME;
FOR ALL THESE TIMES,
I HAVE TODAY TO LOVE.

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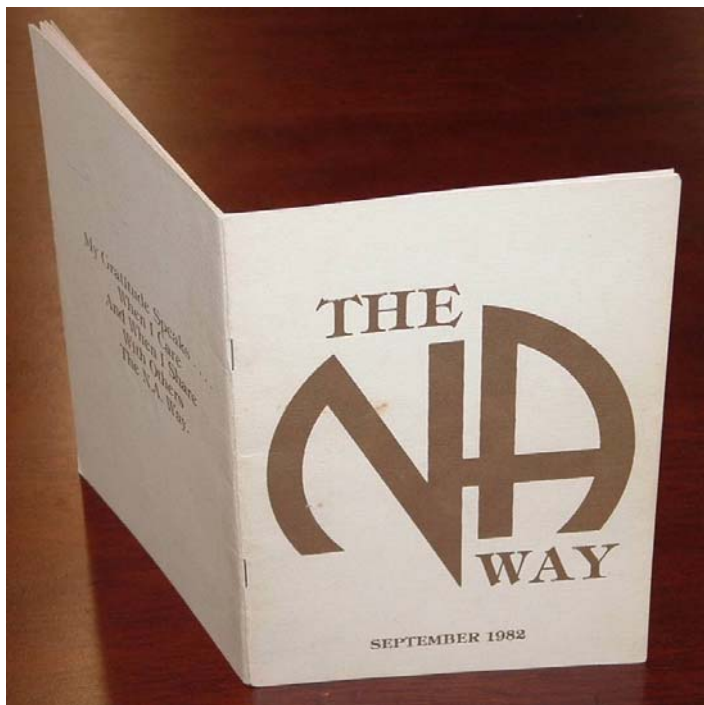
Dedicated to [true trusted service](#) for the NA Member, Group or committee who wants to effectively carry the NA message of total abstinence from all drugs and Recovery from Addiction to the addict who still suffers. We will be will be steady, reliable, non-political, and non-combative. We are guided by the [12 Traditions](#) of NA and [Directly responsible](#) to those NA Groups we serve.

Your Fellowship Magazine

*Share...
and be shared with...*

*Like it was when NA was new and young and
life-or-death intense:*

*You matter to us so we will tell you the truth as we know it
with nothing held back.*



“...so that no addict seeking recovery need ever die...”

We publish your input—the opinions presented are not necessarily those of the New/Old NA Way or Anonymi Foundation.