



Crazy Monthly News

Clean & Crazy Group

Volume 8

February 2007

From the Editor

As I sit down to finalize the newsletter for this month, which means writing this column, I am reminded of today's meditation. February 7—This is not a test. "... a loving Higher Power doesn't test our recovery, our character, or our faith."

It certainly doesn't feel that way at times. We are told time and time again in the rooms of NA "Turn it Over." And, at some point we think we know just how to do that. We turn it over, we tell ourselves that our HP is in control of this or that situation.

Then, we are faced with the results, and we're not happy. "What more could I have done?" we ask. How could this have happened?

Well the truth is, in my opinion, at that point we can be assured that we never did turn it over. If we did, then we would have known that the results are not ours to worry about.

Turning it over isn't an event, it's a process. That's why you hear so often, "Whatever I turn over has claw marks on it."

The process of turning it

over becomes easier as we grow in faith. (period). A loving Higher Power doesn't test our recovery, our character, or our faith. A loving Higher Power would never put us in a situation where we fail—and tests do that.

But I can test myself any given minute, if I choose to do anything completely alone. Faith in a Higher Power and this wonderful fellowship give me someone to turn to, and principles to guide me. Yet I have to become willing to ask for help, open to change, and trust in the process.

Keep Coming Back

Abbey

I first came to a meeting at the Wiregrass Club when I was in the fifth grade. My dad had gone through a treatment center for alcoholism and was going to meetings, so my parents thought it might be a good idea for me to go to some, too. These meetings were for teenagers who had family members in 12 step programs. I found that I was a lot younger than the others in the meetings and couldn't relate to what they were going through. I begged my parents not to make me go back and they didn't.

I wound up back in meetings at the Wiregrass Club when I was 18. I had been going through an IOP for severe depression and they thought I might have a substance abuse problem. I went to the meetings for a little while. Although I could relate to the feelings others in the meetings talked about, I didn't share their experiences – yet. So I again decided that I was different and quit going to the meetings.

I found myself back at the Wiregrass Club in 2002 when I was arrested. I was ordered to complete a court referral program, including attending some meetings. I came to the meetings and got my paper signed, but the program never really sank in. I continued hanging out with the same people in the same places and just tried not to use. Needless to say, when court referral was over, so was my meeting attendance, and it wasn't long before I was using again.

In the fall of 2005, I was dating a guy who got in trouble for failing a drug test. He was ordered to attend some meetings, so I offered to accompany him since I knew some of the people who would be there. He accepted and we went to a meeting together. When the meeting began and everyone was introducing themselves, I was shocked to hear myself say, "Hi, I'm Abbey and I'm an addict." I believe now that was God doing for me what I couldn't do for myself. I continued going to meetings as much as I could.

I relapsed again when I accompanied that same guy home to Texas for his mother's funeral. When we returned to Alabama and came to a meeting on October 12, 2005, I picked up another white key tag. By this time, I was truly sick and tired of being sick and tired. I was willing to go to any lengths to change things because I knew I couldn't go on living the way I was. By the grace of God and with the help of other recovering addicts in the fellowship of NA, I have stayed clean since then. Life today isn't always peachy keen. However, even when it sucks ass, I have faith that as long as I don't use I'm going to be okay. The change in my attitude is amazing. What's even more incredible is the difference in my life that the change in my attitude has brought about.

Somewhere in the back of my mind, there is an awareness that my life today wouldn't be what it is if I hadn't gotten the most important message in NA:

KEEP COMING BACK!

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Courage to Change

Oh God, I aint what I ought to be, and, I aint what I'm going to be, but, O God, I thank you that I aint what I used to be.



One addict helping another

We are looking for fellow members to submit articles for publication.

Listed below are some thought provoking questions to hopefully inspire you and stir up those creative juices. These are only suggestions. If you do not find anything that interest you, please feel free to come up with a topic of your own. We look forward to hearing from you soon!

- *What is your favorite recovery quote and why?*
- *What is your favorite spiritual principle and why?*
- *What does working the steps mean to you?*
- *How do you know it is God's will?*
- *How do you develop healthy intimate relationships?*
- *How does your gratitude speak?*
- *How do you continue to make amends? Are you ever finished making amends?*
- *Are there any other requirements for membership?*
- *Rigidity: How did you learn to lighten up?*
- *Why do you go to conventions, learning days, or other NA-related events?*

We ask that each member submitting your story, article or poem to keep it to 100-200 words to ensure that we can publish multiple articles. In addition, please keep articles related to what we have in common, addiction and recovery. Please be advised that submissions will be edited for grammar & content in some cases. We strive to carry a clear, concise message of recovery!

Get Involved

Our next Group Conscience is scheduled for Friday, **February 16.**

- Chairperson—*Maureen*
- Secretary—*Lisa*
- **Alt. Secretary-OPEN**
- Treasurer—*Kenny*
(Audit in process ~ Assets frozen)
- **Alt. Treasurer-OPEN**
- GSR—*Cheri*

Points of discussion will be:

Accuracy of the Area minutes—Article XV—Reports to the ASC—Section 2b—reads: Secretary, report on secretary expenditures and communications with GSRs.—Article XVII—Administrative Committee Duties—Section 3 (Secretary) reads: Keep a record of all the proceedings of the Wiregrass area ASC.

Questioning of RCM by the area Chairperson regarding accountability for monies received from WANA to attend RSC

meetings—reports in question have been requested and received.

Point of Information—is there policy in place regarding sharing of funds between two persons being funded by separate entities (example—Area and Region)?

Point of Information—once reports are made by a member of ASC and accepted by a vote of the area GSRs, what are acceptable routes for readdressing discrepancies?

Point of Information—Accountability of area treasurer—at what point should treasury discrepancies be reported to area?

Point of Information—if an open line of communication is achieved via e-mail before or after ASC between all participants of ASC, is this wrong?

- Alternate GSR—*Jimmy*
- Housekeeping—**This is our responsibility as a group.**

- Phone-list—*Abbey*
- Cell phone—**OPEN**
(If we don't have members willing to accept this responsibility—Should we have one?)

• Activities—*Robert*
Telephone workshop to be discussed.

- **H&I - OPEN**
- Literature—*Jimmy*
- Newsletter—*Cheri*
- **P.I. — OPEN**
- P&P—*Maureen*

Policy and Procedure Subcommittee to meet the week following Group Conscience—More will be revealed.

We have members holding multiple positions ~ Are you ready to get involved?

Tenth Step Daily Inventory

1. Am I clean today?
2. How have I acted differently?
3. Did my disease run my life today?
4. If so, how?
5. What did I do today that I wish I had not done?
6. What have I left undone that I wish I had done?
7. Was I good to myself today?
8. How?
9. Was today a good day?
10. Was I happy?
11. Was I serene?
12. Did I talk to my sponsor today?
13. Did I attend a meeting today? Where?
14. Did I share my experiences, strengths, and hope?
15. Who are the people in my life that I trust today?
16. Who has trust in me today?
17. Did I read literature today?
18. What steps did I consciously work today?
19. Did I admit my powerlessness today?
20. Was I able to put my trust in my Higher Power today?
21. What did I learn about myself today?
22. Did I make any amends today?
23. Do I owe any?
24. Did I admit fault to anyone today?
25. Did I worry about yesterday or tomorrow?
26. Can I accept myself as I am today?
27. Did I feel like I was a part of humanity today?
28. Did I allow myself to become obsessed by anything today?
29. What has God given me to be grateful for today?
30. Have I done anything to cause harm to myself or to another today?
31. If so, what?
32. Am I willing to change today?
33. Did I pray or meditate today?
34. How did this affect my life?
35. What spiritual principles have I been able to practice in my life today?
36. Was the most important thing in my life today staying clean?



AREA INQUIRER

This portion of our newsletter is updated according to the minutes received from the area secretary following the prior months ASC.

The WANA ASC meeting for the month of September was held at the Deliverance group in Dothan, AL on January 21, 2007.

Note: In the opinion of the our group's GSR—The area minutes do not accurately reflect the goings on at ASC this month. This will be a point of interest brought forth at group conscience. If you are interested in how our area is run please come to group conscience this month, which is scheduled for February 16 @ 8 PM.—For more information see the Get Involved section of our newsletter, pg 2.

Vacant Positions at area are as follows:

- Vice-Chair
- Alt. Secretary
- Alt. Treasurer
- H&I Chair
- Policy Chair

SUBCOMMITTEES:

ACTIVITIES

- ◆ Subcommittee members are still needed.

P.I. & Phone line

- ◆ We have had 7405 hits to the area website. (1185 hits during December and January)
- ◆ There was discussion on having a phone line workshop (more to be

revealed)

- ◆ Subcommittee members are still needed.

ASC:

OPEN FORUM:

- ◆ **The Clean and Crazy group has 3 area anniversary t-shirts for sale. Price is \$10.00 ea.**

- ◆ H&I meeting at the Houston County Jail is desperately needing support. (Willing people to step up and chair meetings). Also any donations such as white booklets, pamphlets and key tags are also needed. If interested in helping out please contact Gary

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Eighth Concept

Our service structure depends on the integrity and effectiveness of our communications.

“Clear, frequent two-way communication is an important prerequisite for delegation. When our groups ask the service structure to fulfill certain responsibilities on our behalf, we delegate to the structure the authority needed to make decisions related to those responsibilities. We need to be able to trust our trusted servant before we can confidently delegate them that degree of authority. That kind of trust depends in large part on continuing communications.” ~ *Twelve Concepts of NA Service, pg 17.*

What's Going On?

February 17, 2007

Regular Meeting: 6:30

Food & Fellowship: 7:30

Bowling: 8:30—UNTIL



Clean & Crazy



Tradition Eight

Narcotics Anonymous should remain forever non-professional, but our service centers may employ special workers.”

“In this tradition we say that we have no professionals. By this, we mean we have no staff psychiatrists, doctors, lawyers, or counselors. Our program works by one addict helping another. If we employed professionals in N.A. groups, we would destroy our unity. We are simply addicts of equal status freely helping one another.” ~ *Basic Text, pg 69*





WORLD SERVICE BOARD OF TRUSTEES BULLETIN #1

INTERNAL USE OF NA INTELLECTUAL PROPERTY

The Fellowship Intellectual Property Trust (FIPT) describes in detail how NA's name, trademarks, and recovery literature are protected and administered by Narcotics Anonymous World Services, Inc. (NAWS). It covers NA's name, trademarks and recovery literature in all forms, including translations, and all mediums, whether printed, electronic and any other media that may be developed in the future. Additional guidelines, contained in this and the other Intellectual Property Bulletins, for the use of NA's intellectual properties by the fellowship are presented as an adjunct to the FIPT. The guidelines are based partly on legal considerations and partly on the nature of NA. By following these simple steps, the fellowship will help ensure that NA's name, trademarks, and recovery literature will always be available to fulfill our primary purpose.

All matters not specifically addressed by the Intellectual Property Bulletins will be considered under the conditions of the Fellowship Intellectual Property Trust. Any questions or concerns about the Bulletins should be directed to NA's World Service Office.

This Bulletin reflects the policy affecting the use of NA intellectual property within the NA Fellowship. Use of the fellowships trademarks and recovery literature is a commitment to comply with these Guidelines. Usage inconsistent with the Guidelines is improper. Usage disputes are dealt with in Intellectual Property Bulletin #5.

Use by NA groups

These Guidelines outline the appropriate uses of NA logos and recovery literature by NA groups. The Guidelines also lay out criteria a group can use to avoid improper use. A description of the NA group--its nature, function, and role in the NA Fellowship--can be found in current NA service manuals. You are encouraged to review those sections describing groups prior to attempting use of the Guidelines described below.

Use by NA service boards and

committees

Service boards and committees created directly or indirectly by NA groups may use NA logos and recovery literature in the ways described in these Guidelines so long as they register with NA World Services.

Use by individual NA members or others

Guidelines, in this or other Intellectual Property Bulletins do not grant individual NA members or those outside NA permission to use NA trademarks or intellectual property. Individual NA members or others who wish to use NA's trademarks or copyrighted recovery literature should write directly to NA World Services.

GUIDELINES FOR USE OF NA TRADEMARKS

Four of the NA Fellowship's registered trademarks are: the name "Narcotics Anonymous," the stylized NA initials, the diamond in a circle, and the original NA group logo, all shown below:



Guidelines for Use

Use of Narcotics Anonymous trademarks should always reflect the seriousness of our primary purpose and our spiritual foundation of anonymity. The Narcotics Anonymous name or trademarks should not be used by an NA group, service board or committee in any way that would imply legal liability or financial responsibility by or to another part of the fellowship, service structure, or outside enterprise.

Narcotics Anonymous trademarks should not be used in any way that would serve to endorse, finance, promote, or affiliate the NA Fellowship with any outside enterprise.

Narcotics Anonymous trademarks should not be used in conjunction with any law enforcement, political, medical, or religious slogans, themes, or other related materials.

Narcotics Anonymous trademarks should not be used or displayed in such a manner as to possibly offend or disrespect the sensibilities of other organizations, groups or NA as a whole.

Narcotics Anonymous trademarks should not be used in any manner that could draw us into public controversy.

Narcotics Anonymous trademarks should not be used on locally developed recovery literature.

"NA Fellowship Approved" trademark

The "NA Fellowship Approved" trademark is used to indicate that a piece of recovery literature has been approved by the Fellowship of Narcotics Anonymous as given voice by its groups through their regional delegates at the World Service Conference. The "NA Fellowship Approved" trademark may not be used on any other materials.



Marking trademarks

Either the capital letter "R" or a "TM" should be placed inside a small circle to the right of all NA trademarks every time any of them are used. By doing so, we are showing that these logos are legally owned or registered trademarks. This is one way in which we help preserve the fellowship's legal right to ownership of its trademarks.

Protecting artwork

Whenever an NA group, service board, or committee has an artist create original artwork, drawings, designs, or screens using any NA trademark, the NA body should always be sure the artist signs a document releasing to the NA body his or her rights to the artwork, including the original rendering. By doing so, we ensure that neither the NA logos



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nor any artwork that has been created for the benefit of the fellowship can later be used to benefit a private individual or an outside business enterprise.

GUIDELINES FOR REPRODUCTION OF NA RECOVERY LITERATURE

NA World Services acts as the publisher of all NA Fellowship-approved recovery literature. As such, it has been entrusted with the responsibility to obtain copyright protection for these items on behalf of the fellowship. This ensures that the fellowship's message as presented in our books and pamphlets is not tampered with.

Narcotics Anonymous World Services is largely dependent on the income generated from the sale of NA recovery literature. This income is used to cover the costs of publishing as well as the expenses associated with other services provided to the World Service Conference and the NA Fellowship-at-large. A large part of NA World Service's income comes from NA groups who purchase recovery literature to distribute at their meetings. Many groups consider their purchase of NA Fellowship-approved recovery literature as one way in which they contribute to the unity and growth of NA as a whole.

Use by NA groups

As a general rule, no one has the authority to reproduce NA Fellowship-approved recovery literature without prior written permission from Narcot-

ics Anonymous World Services. However, given the nature of our fellowship, our experience indicates that NA groups *and only NA groups* should have the authority to reproduce fellowship-approved recovery literature in certain instances. When preparing to reproduce NA Fellowship-approved recovery literature, NA groups should discuss the Fourth Tradition and follow all of these general guidelines:

1. An NA group should only reproduce NA Fellowship-approved recovery literature when it has a clear need to do so.
2. NA Fellowship-approved recovery literature reproduced by an NA group should be distributed only within that group. Such materials should always be given away free of charge; they should never be sold to generate income.
3. The text of NA Fellowship-approved books and pamphlets reproduced by an NA group should not be altered or modified in any way.
4. The copyright for the item being reproduced should be shown prominently as follows:
"Copyright © [year of first publication], Narcotics Anonymous World Services, Inc. Reprinted by permission. All rights reserved."

Use by registered NA service boards and committees

Registered NA service boards and committees who wish to quote or reprint portions of NA Fellowship-approved recovery literature should always include the proper notation or

credit identifying the origin of the quote or reprinted portion they wish to use. Generally speaking, the length of a reprint or quote should not exceed 25% of the original piece. In the case of NA books, reprints or quotes should not exceed 25% of a single chapter or section. In the case of an article from *The NA Way Magazine*, the entire piece may be used if the source is fully cited.

Any use of NA's name, trademarks or recovery literature that is not specifically covered is reserved to NAWWS, Inc. The use covered in the Intellectual Property Bulletins does not create any other right or claim by the user to any of the fellowships marks under any theory of law, fact, or equity.

This is the document identified by name in the Fellowship Intellectual Property Trust Operating Rules, Article V, Section 1. It was approved by the Fellowship of Narcotics Anonymous as given voice by its groups through their regional service representatives at the World Service Conference as Trustor of the Fellowship IP Trust on 27 April 1993, and revised by the regional delegates at the World Service Conference on 30 April 1997, and 27 April 1998. It may be changed only by the Trustor.

To register, or for more information, contact the NA World Services,

PO Box 9999, Van Nuys, CA 91409 USA, Tel: (818) 773-9999

A special word from Jimmy K. (Kinnon)

"You and I have been given, through illness—through suffering—and through disease, a talent for helping other human beings like ourselves. Let's never forget that we have it and that we are responsible for others. But primarily, we must be responsible to ourselves and—I seldom talk about Higher Powers, the particular concept of a Higher Power that I have, around

the group; but believe me I have it. And, I don't know how many people are in this room tonight. I don't know if there's 100 here or 110 or 112, but over and above all of us, and in and through all of us, there's a power that there isn't anywhere else in the world. That's what Narcotics Anonymous is all about. That's what it will always be all about." ~ Jimmy K, founder of Nar-

cotics Anonymous, speaks on the twentieth anniversary of the beginning of Narcotics Anonymous—August 18, 1973 (transcribed from tape)

Jimmy, with the help of the 'simple spiritual - not religious - program' for which he himself did so much in loving service, stayed clean from February 2, 1950 until his death from lung cancer on July 9, 1985.

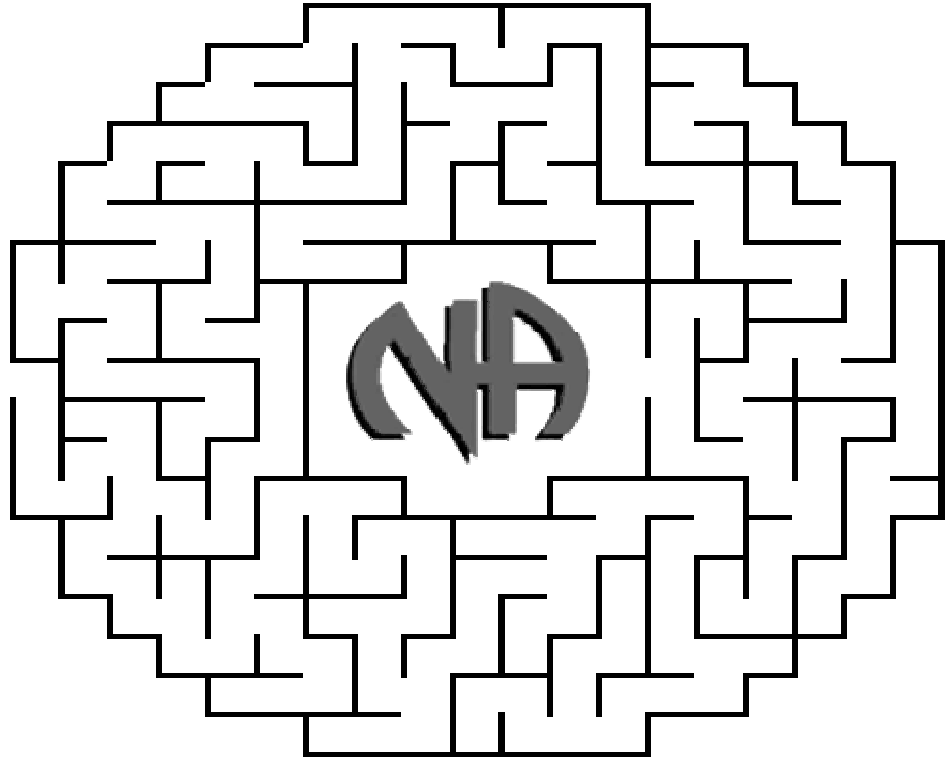


Answers to Last Month's

Fill in the Blank

1. Foundation
2. fear, changes
3. sponsor, God, decision
4. Admission
5. trust, faith, hope
6. Willingness
7. Courage
8. Accepting
9. Actions
10. unconditional, love
11. Painful
12. Understanding
13. compassion, integrity, insight
14. Power, honesty
15. Pray
16. spiritual, awaken
17. accepts, ourselves
18. self-esteem
19. actions, nature
20. feelings, people
21. self-obsession, unique
22. alienation, emotional
23. relationship, lifetime
24. Vulnerable
25. unique, struggles
26. bond, risk
27. Caring
28. change, God, understanding
29. Higher Power, openness
30. process, character

Fun Page



Meeting Schedule

Sunday: 7:00 (S) **Candlelight**
 Monday: 6:30 (NS) **Candlelight meeting the first Monday of each month.**
 Tuesday: 6:30 (S)
 Wednesday: 6:30 (NS)
 Thursday: 6:30 (S) **Book-study**
 Friday: 6:30 (NS)
 Saturday: 6:30 (S)
 Legend: (S=Smoking, NS=Non Smoking)

(Continued from page 3)

A. (334-718-8422)

- ◆ Anyone not attending ASC should contact the chairman in advance.

SCHEDULE NEXT ASC:

Next ASC will be held at the Clean and Crazy group on February 18, with subcommittees starting at 12:30 and ASC following at 2:30.

NOMINATIONS & ELECTIONS:

- ◆ Annette A was voted in for the

position of treasurer.

CONTINUING BUSINESS:

- ◆ None at this time.

NEW BUSINESS:

- ◆ None at this time.

ANNOUNCEMENTS:

- ◆ The Drop of Faith group in Bonifay will be holding step studies on Tuesday and Thursday's of each week @ 7 PM.
- ◆ New meeting on Monday of each week at the Getting Better group

starting at 5 PM.

- ◆ February 8—Dee speaks at the Drop of Faith group @ 8 PM.
- ◆ February 9—Party @ Gary A. Home from 6—9 PM. For directions please contact Gary (334-718-8422)
- ◆ February 13—Basic Text review @ Deliverance group @ 2 PM.
- ◆ February 17—Clean and Crazy group is holding a regular meeting starting at 6:30, Food and Fellowship at 7:30 and then Bowling at 8:30.

The opinions expressed herein are those of the individual contributors, and not the opinions of the Clean and Crazy group, or Narcotics Anonymous as a whole. The Handbook for Narcotics Anonymous states that: "The 12 Traditions of NA should serve as the basic guidelines for editing our newsletter ... the language of NA recovery should be used." All editorial decisions made by the newsletter subcommittee have been made with these guidelines in mind. We welcome any feedback in accordance with the Second Tradition. Please indicate if you would like that feedback published.