



Crazy Monthly News

Clean & Crazy Group
Wiregrass Club
Level Plains, AL

Volume 22
May 2008

From the Chair



At our last group conscience I unselfishly stepped down as the newsletter's

chairperson and active member of the newsletter subcommittee. I say unselfishly because if I had my way this newsletter would be flourishing rather than folding.

I don't know that I have handled everything in relation to this newsletter the best way. I do know that I handled things the best way I knew, reached out for help at every turn, and looked for guidance where it was made available.

I won't pretend to know what the future holds, but I will tell you that typing this letter is proving to be a hard share. It saddens me.

Why?

Because my heart was in it.

In active addiction, most often my heart was nowhere to be found. Recovery has taught me to be guided by my heart. I can still alienate and isolate that goes without question, I'm an addict. But I try. And, I'm trying real hard today.

I try each and every day to lean on my higher power which resides in my heart and in my spirit to bridge together with others.

Carrying the message via the written word is something I feel I have the ability to do. It is a gift that was given to me and it is a gift I freely share. And, I know that I am not alone.

All it takes is willingness. Yet, willingness seems to be lacking. Doors are closing, at least temporarily.

And yet, as much as I am saddened, I am grateful to have been here for the ride.

For those of you have been along for the ride with me in whatever capacity—
THANK YOU.

Thank you to everyone who has supported this newsletter in whatever fashion you chose.

Thank you to each and every person who has considered themselves a member of this subcommittee at any time. I think we had some fun along the way and my life has been enriched by that in more ways than one.

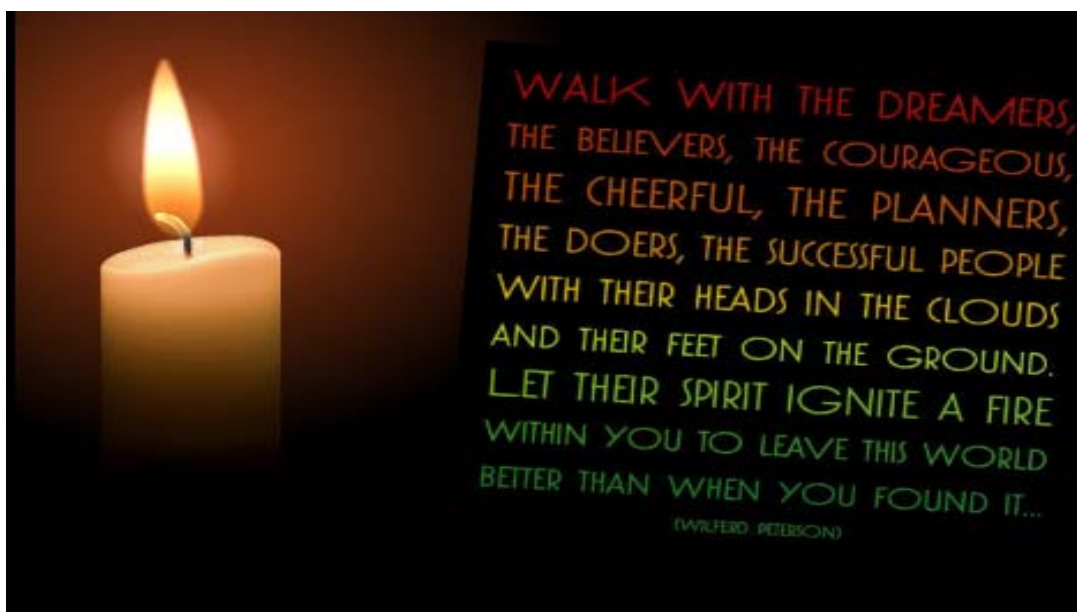
To Everyone: May your heart be your guiding force and may the life you lead be one worth sharing.

Peace, love & light

Inside this issue:

Get Involved	2
Area Inquirer	2
What's happening	2
More Will be Revealed	3
12th Step Guidelines	4
I want what you have	6
For The love Of NA	6
Word Scramble	8

**GOD GRANT
ME THE
SERENITY
TO ACCEPT
THE THINGS
I CANNOT
CHANGE;
COURAGE
TO CHANGE
THE THINGS
I CAN;
AND
WISDOM TO
KNOW THE
DIFFER-
ENCE.**





Are you interested in chairing a meeting?

Well, we need your help. Narcotics Anonymous thrives when the spirit of rotation is alive and well with in the rooms, in my humble opinion.

The newcomer is the most important person at any meeting and being there for the newcomer is one of the most important things we can do for ourselves and others.

Chairing a meeting is simply a commitment to open the doors, make the coffee and read the suggested format. God is in the rooms of NA and He/She/It is the only governing body here.

When I came into the rooms I needed what these addicts in recovery had to share and I came to pretty much every meeting I could. At a little over thirty days clean someone approached me with the idea of chairing a meeting and I was hesitant. I didn't think I knew enough. I didn't think I was trustworthy enough.

I didn't think about how this could benefit my ability to stay clean and build that circle that would help me stay clean for years to come. I didn't think that anything I could ever do or say could possibly help someone else... Yet what I have found is that sometimes I j don't need to think so much. Sometimes I just need to do, to be, and to rely on my Higher Power to open the doors for me that I need to walk through.

I have learned that NA doesn't need me— I need NA. And, I need the spirit of rotation alive and well so that the spirit of NA flourishes.

Get Involved

We are currently in the process of review and approval for the Groups Suggested Guidelines at Group Conscience.

We continue to be in need of willing addicts with 90 days or more clean-time to help chair meetings.

Our next Group Conscience is scheduled for Friday, **June 13**, immediately following the regularly scheduled Friday night meeting.

- Chairperson—*Homer*
- **Secretary-OPEN**
- **Alt. Secretary-OPEN**
- Treasurer—*Kenny H.*
- Alt. Treasurer—*Jimmy*
- GSR—*Jimmy*
- Alternate GSR—*Lisa*
- Housekeeping—**Group**
- Phone-list—*Cheri*
- Keeper of the Tapes—*Kenny H.*
- **Activities-OPEN**
- **H&I - OPEN**
- Literature—*Larry*
- **Newsletter—OPEN**
- **P.I. — OPEN**
- P&P—*Maureen.*

AREA INQUIRER

The WANA ASC meeting for the month of March was held at the Gettin' Better group in Headland, AL on April 20th.

Vacant Positions at area are as follows:

- Vice-Chair*
- Alt. Secretary*
- Alt. Treasurer*
- Activities*
- Policy*
- P.I.*
- RCM 2nd*

OPEN FORUM:

- ♦ Nominations for Vice-chair, RCM2nd, Secretary, Alt-Treasurer should be announced at the April ASC. Nominees should be available at the May ASC. Voting takes place at the June ASC. New trusted servants take position in July.

NOMINATIONS AND ELECTIONS

- ♦ Cheri T. (Clean and Crazy) was nominated for area Sec-

retary (Motion Tabled)

SCHEDULE NEXT ASC:

- ♦ ASC for the month of May will be held on May 19 at the Deliverance Group in Dothan. Subcommittees start at 12:30 and ASC to follow at 2:30.

CONTINUING BUSINESS:

- ♦ None at this time.

NEW BUSINESS:

- ♦ Cheri T. volunteered to head up a Fundraising sub-committee for Surrender in the Mountains. (More will be revealed)

Regional Motions:

Motion 1: Made by ECA 2nd by WANA—Raise the expense reimbursement for administrative sub-committees from \$150—\$200. Intention: In accordance with high-gas prices. (RTG)

Motion 2: Made by SJSJSA 2nd by CAA—to eliminate 2nd

AD position and made RD/AD positions a 4 year commitment each. Intent: Have current policy reflect intent of original policy that AD attend 2 world conferences. (RTG)

Motion 3: Made by WANA 2nd by ECA—to include in policy regarding qualifications for trusted servant at Regional level must remain active in their area and home groups. Intent: to insure trusted servants are able to keep up area and group happenings and to allow area/groups to better know who their trusted servant are (Referred to Policy)

Motion 4: Made by SJSJSA 2nd by CAA—to change regional chair and vice chair to 2 year positions. Intent: to make positions the same as committee positions (RTG)

What's Going On

East Alabama Area of NA Annual Spring Fling at Wind Creek State Park— (Contact) Gary S.— 334-541-4536

Date: Friday, May 16, 2008



More Will be Revealed

Hello my name is Curlon W.

It was in early November the first time I attended a Clean and Serene meeting. I was going to AA. While I was there, I met Bill H. He was telling me about a Narcotics Anonymous meeting he had started. I had never heard of Narcotics Anonymous, but when he said I could do two meetings in one night, I jumped on the idea.

It started on October 22, 1990. They met in the cafeteria there at Charter Woods. There were lots of people involved and no way to name them all.

In November or December of 1990, as the meeting grew, we got involved with area. [Have to say a big thanks to all the people in area who have helped me to grow - from the ones who taught me early on - to the ones that are there today who are still teaching me].

Getting involved in area is one of the best things we did for the group because we knew nothing about recovery, other than what we had learned from attending the other fellowship. We owe a debt to the other fellowship for helping us to grow.

With time, we grew enough that we started to have more meetings. We started to meet every day, with the exception of Tuesdays. Less than a year later we started to meet every day at noon, as our membership grew to 50 members who were actively involved. We had an average attendance of approximately 55 at every meeting.

Eventually we started holding our meetings in the Professional building,

rather than the cafeteria. We were sharing the message. I'm not sure if our way of sharing was always the best way, but we weren't using.

In 1991 I was convinced to become GSR-A. Bill H. was GSR. Thank god I was teachable! Because once I was voted in as GSR-A, Bill H stopped attending area and I was quickly voted in as GSR.

Since then I have held every position for the group, most at area, and been involved with region on occasion.

agement. Once the new management took over we started to have problems with them wanting to control our meetings. The group itself was changing with new people getting involved. Again, there were so many different people until it's hard to remember them all. We had people from both fellowships who would help in any endeavor we put on.

One really cool fact is that we had dances on a monthly basis. Another thing that really sticks out in my mind was at 1 1/2 years clean, there was this

young lady of 16 years of age. Carolyn was her name. She was celebrating a year and asked me to speak. It was a time of growing for me. I was scared, but the group members supported me. We made up shirts for our anniversaries then.

Some where around, 1992-1994 we moved to the wiregrass club on Crawford street. We were there from 1994 -96.

I recall a phone line work shop we had at that location. (*Another learning opportunity for me*).

Another turning point in my recovery was when I was the chair of area and Homer P was H & I chair. I couldn't hold down a voting position in area at the time, with me being the area chair, but I could work with Homer as vice H & I chair. We went into Elba Work release for more than a year. (*Growth for me*).

The Clean and Serene Group continued to change and grow. Some of the members had a problem with the wiregrass club, so we moved to what a lot of people called Airplane seats place.

(Continued on page 5)



**In Memory of those
who did not make it
to the rooms.**

We are truly Blessed!

SG

When I came into the fellowship I was full of fear, but in the course of being of service I have found that the fear has gone away.

We started Friday night meetings at 12 for two years and did a Saturday night meeting as well for about two months. We did Saturday morning 9AM meetings for about a year and a Sunday morning meeting for about three years...

Our rent was \$15.00 a month. Charter woods didn't want to charge us rent, but we knew we had to be self-supporting.

We met there until the hospital was changing and coming under new man-



12th Step Guidelines

Notes for 12th Step Volunteers

The 12th Step Volunteer is the person who will talk at length to the potential newcomer about NA, either on the telephone or in person.

Experience has shown that the most successful 12th Step Volunteers possess certain assets, which are beneficial in the accomplishment of their responsibilities.

These qualities include:

- ◆ A suggested minimum of one year clean time (however this changes from place to place)
- ◆ Appropriate training (i.e. group orientation sessions, personal orientation, etc)
- ◆ A knowledge of the Twelve Steps and Twelve Traditions of Narcotics Anonymous (e.g. The only requirement, our primary purpose..., never endorse related facilities..., non-professional..., no opinion on outside issues..., attractions rather than promotions..., anonymity..., etc);
- ◆ The willingness to serve;
- ◆ The willingness to give of personal time.

After the 12th Step Volunteer receives some general information from the Helpline Volunteer, the 12th Step Volunteer calls the addict as soon as possible.

The 12th Step Volunteer spends time talking to the caller about recovery in Narcotics Anonymous. It may be beneficial to share one's own personal experience, strength and hope.

The volunteer will then offer information about meetings, their location and time.

If the caller is willing, the Volunteer offers to meet him/her or arranges to have another 12th Step Volunteer meet him/her at a meeting.

Considerations

Going personally to meet the caller may have the potential for significant safety problems.

The following points should be considered before making a 12th Step call in person:

- ◆ Has the caller used today?
- ◆ Does it sound safe to meet the caller? Whenever possible, encourage the caller to meet you at an NA meeting.
- ◆ Before meeting with the caller, let them know you have to find another volunteer to accompany you. **Never go alone. Never go alone!**
- ◆ Make sure at least one 12th Step Volunteer is the same gender as the caller.
- ◆ Try to meet in a neutral, public location (e.g. coffee shop). Meeting a newcomer in your home or in their home is an unnecessary risk. Inform the caller as to the specific time you will arrive, and meet them out front.
- ◆ If meeting or picking up the addict at their home is unavoidable, consider the circumstances and take precautions, remembering personal safety.
- ◆ Ensure that all arrangements for meeting the caller are accurate and understood by both parties.
- ◆ Upon arranging to meet the caller, it is suggested that the Volunteer bring a current meeting list, some NA pamphlets, and a White Booklet.
- ◆ Tell someone where you are going, and call them when you get there.
- ◆ Don't stop anywhere on the way to the meeting, especially at the suggestion of the newcomer.
- ◆ The NA program has one 'must' that

applies to everyone: no drugs or paraphernalia in our possession.

It is important that the 12th Step Volunteer tries to ensure that the newcomer follows this requirement.

This is for the protection of the 12th Step Volunteer, the fellowship, and its groups.

Once the addict has been taken to a meeting, the 12th Step Volunteer may help the addict obtain telephone numbers and transportation to other meetings.

If the addict begins recovery in a hospital or a treatment centre, 12th Step Volunteers can call regularly to let the addict know that members of NA care. When the 12th Step Volunteer visits, it is a good idea to bring along some NA Literature to leave for the addict, such as An Introductory Guide to Narcotics Anonymous.

Do's and Don'ts for 12th Step work:

Do...

- ◆ Keep a supply of the necessary materials at home/with you (eg White booklets, Where To Find, NA pamphlets)
- ◆ Always identify yourself with your first name only and state that you are an 'addict'
- ◆ Find out what the caller needs by asking questions and listening to the answers.
- ◆ When returning a call, be certain that the person requesting help is on the line before identifying yourself as an addict or mentioning Narcotics Anonymous;
- ◆ Direct and refer calls promptly when necessary;
- ◆ Keep a log of all the calls you answer, directly or refer on to others.
- ◆ Always follow up on all calls you direct or refer to another part of the

(Continued on page 5)



(Continued from page 4)

Committee.

- ◆ Communicate all your activities to the UK Helpline, and your regional 12th Step Coordinators or Committee Chairperson;
- ◆ Remember to use the 12th Step List;
- ◆ Know and apply the Traditions in all your interactions with callers;
- ◆ Always give accurate information about our Fellowship;
- ◆ Respond to all calls promptly;
- ◆ Execute good sense and judgment in all your interactions with callers
- ◆ Remember, we are not counselors or therapists
- ◆ Remember to encourage others to become volunteers;
- ◆ Maintain the sign up sheets, posters, and other forms of flyers that propagate our efforts;
- ◆ Perform orientations regularly and keep the Fellowship informed of such events;
- ◆ Always get permission to distribute, hang or post flyers from the group(s) where the distribution is taking place;
- ◆ Practice creativity in all aspects of providing and supporting a Helpline or 12th Step service;
- ◆ Keep the lines of communication open at all times within the 12th Step and Helpline Committee

- ◆ When performing 12th Step calls, let someone outside the execution of the call know what, where and when is happening;
- ◆ Exercise safety in performing 12th Step work.

Do Not...

- ◆ In no way argue with the caller... (especially if you are going to meet them);
- ◆ Don't try to respond to questions that you may not be qualified to answer. Use the Emergency Referral List if necessary;
- ◆ At no time should you ever give out the name, address, or phone number of any NA member;
- ◆ Never give out information about who was at a NA meeting (eg to police officers, probation officers, or significant others). However, general information may be given about NA's make-up (variance of size of meeting, NA open to all age groups, etc).
- ◆ Don't glorify your active addiction or your recovery; this is not about you, its about we;
- ◆ **NEVER MEET ANYONE ALONE!!!!**
- ◆ Although our tolerance may be tested, try to avoid being rude, short, disrespectful, or use foul language or profanity;
- ◆ Don't try to guess the answer to ques-

tions. There is no shame in not knowing, and you can tell the caller you don't know;

- ◆ Avoid committing to providing literature, presentations, or any other services. This needs to be consulted with the Committee or the appropriate Committee Member.
- ◆ Some of our fellow Recovering Addicts do not wish to serve in Helpline or 12th Step service.
- ◆ We are all quick to judge at the best of times, but remember these people may provide essential service in other areas.
- ◆ Avoid performing a 12th Step call without at least one member of the same gender as the 12th Step recipient. We understand that this is not always possible but safest - try to implement programs that ensure you are covered;
- ◆ Avoid saying you will do something and then not do it. If we can't do something, pass on the responsibility to someone who can - people are relying on us;
- ◆ Avoid stopping anywhere at the request of the 12th Step recipients;
- ◆ At no time allow someone with drugs or paraphernalia into your car. You are entitled to keep yourself safe before anyone else.

http://www.ukna.org/info/12th_step_guidelines.htm

(Continued from page 3)

That was in 1996, on Foster Street.

I have to thank Both the NA Group there at the time (New Freedom group) for us being there as well as the other fellowship group who rented us the place to house our meeting. We were there for a year. Then we moved

to Woodland Drive in 1997. After a year they told us we had to leave. The whole club moved and bought the place on Herring Street at that time, which is where we are today.

In 1996 Bill H. and myself started talking about having more meetings, and the Group decided to add some more. We were searching for

a place. Bill was doing some spiritual meetings on Bob Hall Road and they said we could rent their place for a meeting

In 1997 we started back up with the noon meetings as well as a Tuesday night 8:00 meeting. Then we added a Saturday night 8 PM meeting.

In 1998 Deliverance Group

was formed.

Most every group in Dothan was affected by the Clean and Serene Group. The one thing which has been a part of my life all this time is of course the program, but the clean and serene group saved my life! Actually it gave me a life!

The more this program

(Continued on page 8)



For The love Of NA

...For The love Of NA

Wow!

I am somewhere in between blank and overwhelmed here with this topic. It is so broad ranged that I barely know where to start...

I'd like to think that a lot of what I do is out of the love I have for this fellowship. And in truth, it is. But acting out of love for this fellowship is also a very selfish thing for me. It is what keeps me clean today. An undeniable act of self love. "We can only keep what we have by giving it away..." I believe this with all my being.

This program, and the

(Continued on page 7)

I want what you have

I want what you have. But, I don't want to do what you did, to get where you've got.

That was my story in a nutshell. I lived with an entitlement complex and I was deserving of what you had without the footwork. Why did I deserve? Well because life had done me wrong!

From the time I was a child until I was in my 30's, life had done me wrong. Or so I thought.

I never considered the fact that I made choices that were a direct result of the pain I was in, and the pain I created. It was so much easier to look at your part and take your inventory. Why? Well, then I wouldn't have to do anything about me.

I had the Moanies !

I moaned and moaned and moaned!

Today I have a testimony instead of the moanies'. All I needed was an ear to listen to my moanies and I was off and running. Telling you the poor me stories and getting people to co sign my stuff or you became my next victim. Whichever was appropriate at the time?

I give thanks and gratitude to my predecessors. They embraced me and showed me what they had learned from their predecessors,

what worked. They showed me how to chair a meeting, they taught me about the traditions and how very important they are to the livelihood of the fellowship.

They didn't ask me if I wanted to do something they said I have something for you to do. It was exactly what I needed. They did not listen to my moanies. They just told me to keep coming back kiddo. It works if you work it.

I replied "BUT you don't understand" and cried and moaned and they loved me anyway, and repeated what they told me to begin with. They told me to act as if. If I didn't believe in a God then to believe in theirs until I could reach that point of willingness and surrender.

They taught me how to chair a meeting. They gave me (the thief, liar, con, manipulator, backstabber that I was) a responsibility of going and getting literature and stocking it in the literature holder. I cannot explain in words just how much growing I did from doing these small acts but for me it was leaps and bounds. They had me making coffee and washing ashtrays and mopping floors. An old-timer said to me one day (come here kiddo, I have something for you to do. He drove me to a convention and said

now in the hospitality area we need help filling the chips and doughnuts, making coffee & make sure we don't run out. I didn't ask any questions I just did it. A couple of hours later he came to me and said come here kiddo come with me. I walked with him not knowing what was next. It was a blessing so large in size for me, he had purchased a ticket for me to get into the convention. I was in tears saying no I don't have any money. He replied, I didn't ask for any. Now go on into the convention and get some telephone numbers. I felt so not worthy but took the action anyway.

Finally I was investing in my recovery for the first time in my life instead of investing in the dis-ease of addiction. I was always at a place of dis-ease, I didn't just visit (DIS-EASE) I moved in and made it home.

Recovery gives me choices. I can either invest in my recovery and give back what has so FREELY been given to me. Or, I can have the moanies and complain about the state of affairs of everything and do nothing to be a part of the solution.

They taught me how to take an action contrary to the way I normally think feel and believe. It is still that way for me today. I still do what I did in the



beginning, taking action regardless of what I think.

They taught me about the steps and how very important it is to look at me and clean my side of the street. Not just the steps but the traditions as well. They work together. They are not weapons of war they are tools to help guide us and keep us from destroying within.

Unity= the state of being one, or united. The quality of being one in spirit, sentiment, purpose.

Service= an act giving assistance to another

Recovery=a return to health, a regaining of balance, control, composure. A new,

I must invest in some way in my recovery if I expect to grow and change. It doesn't just happen because we think it should. Blessings come after we give and become a part of instead of being apart.

Bloom where God plants you. Share what has been given to you freely, without expectations. Chair a meeting it won't kill you. It will help you grow.

If you're not growing you're going~ & there are consequences for the actions we take and the ones we fail to make. This applies to all addicts J

I love this fellowship. It has given me a life. It has given me you, all of you & I need to see all of what is out

there because we are all teachers. Some teach us what to do and others teach us what not to do.

I want to thank Cheri for blooming where God planted her and for everyone that helped with the awesome Clean & Crazy newsletter. It's a shame it had to die but possibly God's blueprints have something else on them.

I also want to share a small tid-bit of what Cheri did for me and my recovery. She was a huge part in my decision making process to be involved in Narcotics Anonymous exclusively. I had been for years going to both fellowships, using both sets of books, sponsoring people in both programs & doing service work in both programs. I was as busy in recovery as I was in my addiction. I do not recommend this for anyone as it very overwhelming & you take away time for yourself and the people you are helping. It had me torn because I felt so indebted to the sister fellowship for saving my life & being able to carry a clear message of Recovery from Narcotics Anonymous.

One day she says to me, so when are you going to get the splinter out of your butt? Another day she said to me, Narcotics Anonymous needs women like you. Another time she said, I was considering you as a sponsor but you're in both

programs.

All of this was weighing on me and I was having a hard time breaking away from the other fellowship. I was not able to tell my whole story and feel comfortable as I stay within the traditions on that regard. This was what the old timers taught me in the beginning. My self-will comes into play when I do not consider the other people in the rooms and the disease they suffer from if I am carrying on about my disease. I am so grateful to Cheri for having the courage to tell me what she felt in a loving way. It was what I needed to hear and when I needed to hear it.

I then went over to her house for a cook out and met another addict. She was talking about the splinter she had in her butt, not knowing what a struggle I was having with my own splinter . :-) I sat and listened to her talk for a bit and later that evening I managed to pull that splinter, that seemed like a 2x4 out of my butt and firmly plant it in one place. A place I share all of me. Not just part of me, with you.

In order to do that I had to be open minded & willing to listen to others in the fellowship that share their experience strength and hope with me & for that I am grateful they did.

In loving Service
Lori P~

(Continued from page 6)

recovering addicts that came before me, fully and freely gave to me this thing that today I call, MY recovery.

I am driven today to give the same, in whatever capacity I am able. This is an ever evolving process for me. This program is a one day at a time kind of thing, and that is true about how I give back to it too.

What I am able to do today may not be the same thing I am able to do tomorrow. It changes on a regular basis. Sometimes I am able to read and work steps and make meetings and sponsor another and do service etc, all in one day.

Sometimes I have to decide what's best for me and the fellowship and I have to choose what to do.

One thing that is for sure though, and that is that I do something for my recovery and for the good of this fellowship each and everyday.

Patti M.

Deliverance Group
Dothan, AL



(Continued from page 5)

changes the more it stays the same. I sure as heck better keep up with the change. The statement more will be revealed is true, but to understand that you have to keep coming back just as I did.

The reason I'm saying this is there for several years there were only two of us really doing much for this group Business wise. There were others coming to meetings but that's it. But we just kept on carrying the message that any addict can stop using drugs, loose the desire to use, and find a new way to live. You see the more things happen in my life the more things are revealed to me.

Thank you Clean and Serene, Area, God, and Narcotic Anonymous. Thanks to all the addicts who had to die so we can have a chance to live. Also thank you to the ones this program touches their lives in a real special way so we each can see it in their lives as well.

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)

WORD SCRAMBLE

EGCANH

□ □ □ □ □ □ □ □

REFE

□ □ □ □ □ □

YMRESI

□ □ □ □ □ □ □ □

SPREOESLW

□ □ □ □ □ □ □ □ □ □

ASDIEES

□ □ □ □ □ □ □ □

VELIS

□ □ □ □ □ □ □

So, why are we here?

□ □ □ □ □ □ □ □ □ □

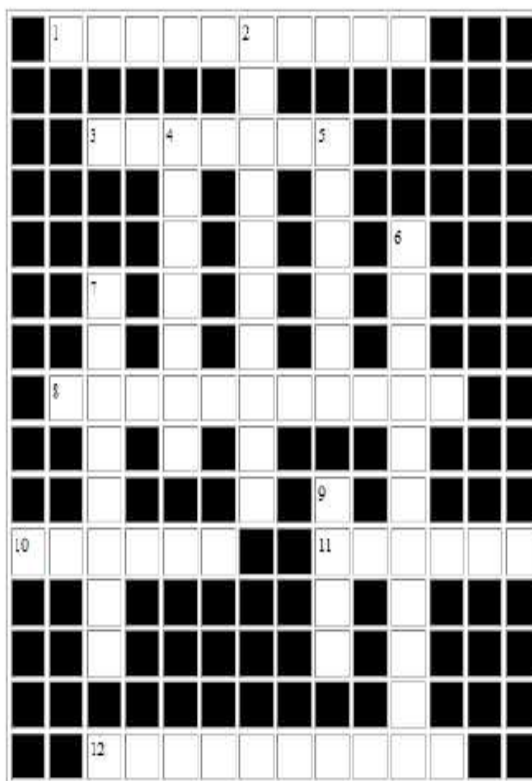
CROSSWORD

Across

1. Some sought a cure by ___ change.
3. We were ___ and did not know it.
8. ___ change was what we really needed.
10. Before coming to the Fellowship of N.A., we could not ___ our own lives.
11. Regardless of what we tried, we could not ___ from our disease.
12. The ultimate weapon for recovery is the ___ addict.

Down

2. ___ leads to recovery.
4. We find that we suffer from a ___, not a moral dilemma.
5. We tried limiting our usage to ___ amounts without success.
6. We had had enough of self-___.
7. Today, we experience a full range of ___.
9. When nothing relieved our paranoia and fear, we hit bottom and became ready to ask for ___.



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.