



# Crazy Monthly News

Clean & Crazy Group

Volume 4

October 2006

## From the Editor

Something happened at the September birthday celebration that inspired me, and I wanted to share it with you.

22 people were in attendance, and when the time came for all home-group members to raise their hands 15 of those present were our own.

I can't say this is a first, but I will say that in my opinion this was by far the most home-group members present at any given meeting for some time now, and it felt good!

It felt good because two of our members were celebrating their clean-time birthdays with us and it was important for a lot of our

members to be a part of such an amazing miracle of recovery.

Both of the gentlemen celebrating stated when asked how they had accomplished such a feat that it wasn't something they had done—it was something WE had done together.

WE came together. We had our cake, and we ate it too. It was good—it was ALL good!

The hugs were warm, the smiles spectacular, the heart-felt shares and offers of help from one addict to another were...well the NA way. I'm just so grateful to have been a part of it all.

I've heard it said time and time again "Don't leave five minutes

before the miracle." And, in my few 24-hours in this program I've seen a lot of miracles—tonight was no exception.

That said, it doesn't have to be a special night to bring us together—the disease we share got us here—the footwork we do for our recovery can keep us here, if we choose.

WE is made up of the newcomers, the old-timers and everyone in between. I need you. You need me. And together WE DO RECOVER.

So, it's a challenge folks—how many Clean and Crazy home-group members can we get together at the same time?

## Keep Coming Back

**Lisa M.**

"Keep Coming Back." You hear that a lot in the NA fellowship. But what does it really mean?

As a newcomer with just over 90 days clean time, I think I am starting to learn. At first when I heard someone say those words, I thought it was just a polite greeting, something like when they tell you to "come again" at the grocery store. It was nice, it made me feel welcome, but didn't have much impact otherwise. I especially came to like the little rhyme at the end of meetings, "Keep coming back, it works if you work it, if you want it here it is, work the steps, kick it in."

Cute, catchy, motivating, but it felt more like a team cheer than anything else.

After a few meetings, and getting to know some of the people here at Clean & Crazy a little bit, I began to feel the sincerity.

"Keep coming back" felt less like a social pleasantry and more like a sincere invitation. Hey, these people like me, they care about me, and they want me to be here. Cool! Back when I was using, most of my "friends" really didn't care if I was around or not, unless they knew I was holding. So it was at this point that I decided to make this my home group. I began to feel a close kinship with my new NA friends and started to feel like I belonged here. "Keep coming back," they'd say at every meeting. And I did.

Slowly, and over time, the stories I heard at meetings began to sink in, and I realized something. These people had something I wanted, knew how to get it, and were willing to help me get it, too. Not only did they have "clean time," measured by some in years, others in months, still others merely days, but they had a peace and acceptance about themselves, their disease and life

in general. They called this attitude Serenity. "How do I get this serenity?" I asked. "Get a sponsor, start working the steps, and most important, keep coming back," was the reply. There it was again. Keep Coming Back. Hmm...maybe there was more to these simple words than I realized before.

Through my reading of NA literature, beginning to work my steps, talking to my sponsor and others, but mostly by just coming to meetings, I am starting to see what "Keep Coming Back" means to this fellowship. It's so much more than a greeting, more than an invitation. It is also an admonition and a plea. A reminder that no one in NA stands alone. We are all part of each other and we all need each other. Coming to meetings and reaching out for help to others not only helps me, it helps them, too. "We can only keep what

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## Serenity Prayer

*God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.*

*Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships as the pathway to peace;  
Taking, as He did, this sinful world as it is, not as I would have it;  
Trusting that He will make all things right if I surrender to His Will;  
That I may be reasonably happy in this life and supremely happy with Him Forever in the next.*



## The simple approach to the 12 steps

**Step 1:** There's a power that will kill me.

**Step 2:** There's a power that wants me to live.

**Step 3:** Which do I want? (If you want to die, stop here. If you want to live, go on.)

**Step 4:** Using examples from your own life, understand that selfishness, dishonesty, resentment, and fear control your actions.

**Step 5:** Tell all your private, embarrassing secrets to another person.

**Step 6:** Decide whether or not you want to live that way any more.

**Step 7:** If you want your life to change, ask a Power Greater Than yourself to change it for you. (If you could have changed it yourself, you would have long ago.)

**Step 8:** Figure out how to make right all the things you did wrong.

**Step 9:** Fix what you can without causing more trouble in the process.

**Step 10:** Understand that making mistakes is part of being human (When you make a mistake, fix it, immediately if you can.)

**Step 11:** Ask for help to treat yourself and others like you, the way you want your higher power to treat you.

**Step 12:** Don't stop doing 1 through 11. AND PASS IT ON!!

## Get Involved

Our next Group Conscience is scheduled for Friday, October 13.

- Chairperson—Maureen
- Secretary—Abbey
- Alt. Secretary—Lisa
- Treasurer—Teresa
- Alt. Treasurer—Jimmy
- GSR—Kenny
- **Alternate GSR—OPEN**
- Activities—Cheri

- Literature—Jimmy
- **H&I - OPEN**
- **P.I. — OPEN**
- **P&P—OPEN**
- Phone-list—Cheri
- Beeper/cell phone—Teresa
- Newsletter—Cheri

The home group provides many opportunities for us to involve ourselves in the NA Fellowship, making it a great place for us to start

giving back what Narcotics Anonymous has so freely given us. In committing to our home group, we make a personal commitment to NA unity. That commitment not only enhances our own recovery, it helps ensure recovery is available for others. Our home group also gives us a place in which to participate in NA's decision making processes. ~ *The Group Booklet*, pgs. 4-5

## Member's Voice

### Pros and Cons of Newcomers Chairing Meetings

Any addict seeking recovery can benefit greatly from getting involved in service. Being of service to others in the fellowship teaches us responsibility and accountability, along with honesty and many other beneficial principles.

The pros for newcomers chairing meeting are this, in my experience. Using and reading our literature, getting connected with your sponsor and other members through communicating with each other regularly, using your creativity for topics and member involvement in the discussions held in meetings. And, let us not negate the opportunity to listen.

There are also cons that are of great concern to

many addicts who have been involved with service.

90 days clean should never be waived, in my opinion. Having a sponsor in NA and working the steps should always come first in the early days of anyone's recovery.

Often we put warm bodies in the chair, newcomers, who jump at the chance too soon and wind up sharing too much of the using because they haven't been in recovery long enough to have any clean living experience and don't have the knowledge about how to carry a clear message of recovery.

Newcomers can get overloaded and experience many feeling they

are not yet ready to handle.

It takes a while for addicts to understand what it really feels like to want to give back to NA the things that have been freely given to us from working the steps and traditions.

The newcomers should always ask questions and be provided the guidance from those who have knowledge and experience in service. All too often the most pressing con is the willingness of those with experience to help the newcomer.

Go to meetings, work with a sponsor, learn to live clean a while, then give back freely by making a meeting available for those coming after you.



## AREA INQUIRER

The WANA ASC meeting for the month of September was held at the Getting Better group in Headland on September 17.

### SUBCOMMITTEES:

#### ACTIVITIES

- ◆ 16 anniversary t-shirt design contest and pre-sale of the t-shirts once the winner of the contest is determined.

#### H & I

- ◆ Absent

#### P.I. & Phonline

- ◆ There have been 3894 hits to the WANA website since the count was started.
- ◆ 8 referral agencies were contacted during this cycle.
- ◆ P.I. Subcommittee members are greatly needed, and if none step

up John is seriously considering stepping down from the chair position. If you are interested in serving in the area of P.I & Phonline please call John L @ 334-372-2938 or e-mail @ pi@wanaasc.org

- ◆ **NOTED: Clean & Crazy group's newsletter can be viewed online at wanaasc.org**

#### POLICY

- ◆ Amendments to policy over the last six months.

#### ASC:

#### OPEN FORUM:

- ◆ Brief presentation on the basic text review by Dale M.
- ◆ Donation to region.
- ◆ Policy has been revised and copies were distributed.

#### NOMINATIONS AND ELEC-

#### TIONS:

- ◆ Allen K for the position of RCM2nd—Passed 5/0/1
- ◆ Arlene C. for Alt. Treasurer—Passed 5/1/0

#### SCHEDULE NEXT ASC:

Dose of Hope will host on October 22 @ 2:30 with sub-committees starting at 12:30.

#### ANNOUNCEMENTS:

- ◆ October 1—Clean & Serene Group Improvement 5 pm.
- ◆ October 6—Diana 25 years, Anita 18 months, Ricky 1 year and John L 11 years will be celebrating at the Back Door group—Homer P. will be speaking at 6 pm.
- ◆ October 6—Phillip 2 years, Richard 1 year will be celebrating  
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### Fourth Concept

*"Effective leadership is highly valued in Narcotics Anonymous. Leadership qualities should be carefully considered when selecting trusted servants."*

"Capable NA leadership exhibits the full range of personal characteristics associated with a spiritual awakening. We depend on those who serve us to report on their activities completely and truthfully. Our leaders must have the integrity needed to hear others well, yet still be able to stand fast on sound principle; to compromise, and to disagree without being disagreeable; to demonstrate the courage of their convictions and to surrender." ~ *Twelve Concepts for NA Service, pg 9*

### Tradition Four

*"Each group should be autonomous except in matters affecting other groups or N.A. as a whole."*

"A dictionary defines autonomous as "having the right or power of self-government... undertaken or carried on without outside control." This means our groups are self-governing, and not subject to outside control Every group has had to stand and grow on its own."

"A Narcotics Anonymous group is any group that meets regularly, at a specified place and time, for the purpose of recovery, provided that it follows the Twelve Steps and Twelve Traditions of Narcotics Anonymous. There are two basic types of meetings; (those open to the general public and those closed to the public (for addicts only)". ~ *Basic Text, pg. 63*

## What's Going On?



## Clean & Crazy Halloween Party

**Date:** Saturday, October 28, 2006

**Time:** 6 PM—until

**Where:** 305 Access Rd., Enterprise, AL

**For directions:** (334) 348-2520

Abbey M. will be speaking at approximately 10:30 PM.

*(More will be revealed)*

## Applying Step One in all areas of our life

*"We admitted that we were powerless over our addiction, and that our lives had become unmanageable."*

The first mistake that many of us make when we come into the program is that we think drugs are the problem. When we say to the new-comer that drugs are only symptoms of a much deeper problem (addiction), it is hard for them to understand this.

To get a better understanding

of addiction, we must look at the "disease" concept of addiction. From that point of view addiction is a disease of attitudes, personality and a general negative outlook that is rooted in fear, insecurity and low self-esteem. The main ingredients of addiction are obsession and compulsion. Obsession is that fixed idea that takes us back time and time again to our particular drug or some substitute,

(substitute being anything that makes us feel good and gets instant gratification; such as, money, power, sex, food, anger, etc.) to recapture the ease and comfort we once knew. Once starting the process with one fix, one pill, one drink or one substitute, compulsion is being unable to stop through our own power of will. Because of our physical sensitivity to drugs and

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## WANA 16th Anniversary T-shirt Design Contest



Ready to get creative?

- ◆ Winning entry will receive a Free T-shirt
- ◆ 2nd Place will receive a free entry to the Anniversary Party
- ◆ 3rd Place will receive 5 Free Raffle tickets

Deadline for submissions is **October 14, 2006**

Winners will be notified via phone on **October 17, 2006**

Mail submissions to  
 Anita Williams  
 493 Co. Rd. 3337  
 Brundidge, AL 36012  
 Or by e-mail  
[activities@wanaasc.org](mailto:activities@wanaasc.org)

Please provide the following information with your submission

Name  
 Address  
 Phone Number  
 Homegroup

Any questions, give Anita a call at **334-735-0082**

## HOW TO SHARE

- Part of sharing is sharing time. Give others a chance to share. (consideration, respect, maturity) **See Steps 3 and 12.**
- If you share a problem, also share the solution. (Hope, selflessness) **See Steps 2, 7, 9 and 11.**
- Every time you share, you should include a discussion of a spiritual principle or step. (Carrying the message) **Step 12.**
- If God wants you to share, He'll have someone call on you. (Humility, patience) **See Steps 6, 7, and 11.**
- When you have very little to say, then say very little. Don't start by saying "I really don't have much to say," and then talk for the next 15 minutes. Rambling is just taking up valuable meeting time. It is okay to be brief. (Humility, willingness, goodwill, honesty, acceptance, trust) **See Steps 1, 3, 6, and 8.**
- An NA meeting is not a garbage dump. This is the place to carry the message of recovery, not spread your disease. Remember: This is God's message you're suppose to be carrying, and not yours. We are, at best, vessels for the message of a loving Higher Power (Selflessness, hope, freedom, powerlessness, surrender) **See Steps 5, 6, and 10 and Tradition 5.**
- After you share, please do not get up and walk right out. Set an example for the newcomers. (Patience, tolerance, integrity, maturity) **See Steps 3, 9, 10, and 11.**
- If you can't get to the meeting on time, you have surrendered your right to share, unless you are called on (Humility, responsibility, respect) **See Steps 4, 7, and 9.**
- A step or topic meeting is about that step or topic; it is not about you. If you do not know anything about that step or topic, then please don't share (Honesty, open-mindedness, goodwill) **See Steps 1, 2, and 7.**
- Do not just "call out" this is rude. This is not recovery. If you feel powerfully moved to share, then raise your hand and politely and wait to be recognized. (Patience, humility, peace, surrender) **See Steps 1, 3, 7, and 11.**
- If you shared last night, it is not your turn again tonight. You do not have the responsibility to share every night. If your sponsor told you that need to share in every meeting that you attend, then you need a new sponsor-quick! (Cooperation, communication skills, selflessness, self-acceptance) **See Steps 1—12.**

## *Surrender in the Mountains*



**CHEAHA STATE PARK**  
**OCTOBER 13th, 14th & 15th**  
**2006**



## Who Is Sitting Next To You?

I know who you are. You are "X" who attends the ABC Meeting at the XYZ Club where N.A.'s meet in Anywhere, U.S.A.

I saw you there the other night at the eight o'clock meeting. I don't know how long you've been clean, but I know you've been coming around for a while because you spoke to a lot of people who knew you. I wasn't one of them.

You don't know who I am. I wandered into your meeting place alone the other night, a stranger in a strange town. I got a cup of coffee, and sat down by myself. You didn't speak to me.

Oh, you saw me. You glanced my way, but you didn't recognize me, so you quickly averted your eyes and sought out a familiar face. I sat there through the meeting.

It was okay, a slightly different format but basically the same kind of meeting as the one I go to at home.

The topic was gratitude. You and your friends spoke about how much N.A. means to you. You talked about the camaraderie in your meeting place. You said how much the people there had helped you when you first came through the door how they extended the hand of friendship to make you feel welcome, and asked you to come back. And I wondered where they had gone, those nice people who made your entrance so welcoming and so comfortable.

You talked about how the newcomer is the life blood of N.A. I agree, but I didn't say so. In fact, I didn't share in your meeting. I signed my name in the book that was passed around, but the chairperson didn't refer to it. He

only called on those people in the room whom he knew. So who am I? You don't know, because you didn't bother to find out. Although yours was a closed meeting, you didn't even ask if I belonged there.

It might have been my first meeting. I could have been full of fear and distrust, knowing N.A. wouldn't work any better than anything else I'd tried, and I would have left convinced that I was right. I might have been suicidal, grasping at one last straw, hoping someone would reach out and pull me from the pit of loathing and self-pity from which, by myself, I could find no escape.

I might have been a student with a tape recorder in my pocket, assigned to write a paper on how N.A. works - someone who shouldn't have been permitted to sit there at all but could have been directed to an open meeting to learn what I needed to know.

Or I could have been sent by the courts, wanting to know more, but afraid to ask. It happens that I was none of the above.

I was just an ordinary addict with a few years of clean living in N.A. who was traveling and was in need of a meeting.

My only problem that night was that I'd been alone with my own mind too long. I just needed to touch base with my N.A. family. I know from past experience that I could have walked into your meeting place smiling, stuck out my hand to the first person I saw and said, "Hi. My name is - . I'm an addict from - ." If I'd felt like doing that, I probably would have been warmly welcomed. You would have asked me if I knew Old So-and-so

from my state, or you might have shared a part of your drug-a-log that occurred in my part of the country. Why didn't I? I was hungry, lonely, and tired.

The only thing missing was angry, but three out of four isn't a good place for me to be.

So I sat silently through your meeting, and when it was over I watched enviously as all of you gathered in small groups, talking to one another the same way we do in my home town.

You and some of your friends were planning a meeting after the meeting at a nearby coffee shop. By this time I had been silent too long to reach out to you. I stopped by the bulletin board to read the notices there, kind of hanging around without being too obvious, hoping you might ask if I wanted to join you, but you didn't.

As I walked slowly across the parking lot to my car with the out-of-state license plates you looked my way again. Our eyes met briefly and I mustered a smile. Again, you looked away. I buckled my seat belt, started the car, and drove to the motel where I was staying.

As I lay in my bed waiting for sleep to come, I made a gratitude list. You were on it, along with your friends at the meeting place. I knew that you were there for me, and that I needed you far more than you needed me. I knew that if I had needed help, and had asked for it, you would have gladly given it.

But I wondered . . . what if I hadn't been able to ask?

I know who you are.  
Do you remember me?

*(Continued from page 3)*

anything that makes us feel GOOD, we are completely in the grip of a destructive power greater than ourselves.

Looking at addiction from that point of view, we see how addiction makes our lives unmanageable with OR without drugs. At this point we must surrender and accept how powerless we are over our addiction. When we do this a very strange thing happens, we begin to gain power through the WE part of the program and the next eleven steps. It is often said that the First Step is our past, and the things of our past, which is with us today. The next eleven steps are our future.

Now that we have a better understanding of our addiction, let us look at some ways we can apply the First Step in our daily lives. The most obvious way is that we don't pick up that first fix, pill or drink; otherwise our lives will become unmanageable all over again. We must accept and surrender to this JUST FOR TODAY. Now, let's take a look at some NON-chemical ways we can apply this step in our lives:

You go out to your car in the morning and it has a flat tire. Rather than feeding into the addictive attitudes of frustration or anger, which will create unmanageability, we must accept and surrender to the fact that the tire is flat and take action to correct the situation. As addicts we tend to resist the act of surrendering and to use this step on everyday problems, thus making our lives unmanageable.

Another situation could be that you go out to your car, start it and the motor dies. It can't be fixed. You need it for your job. You must be able to apply the first step to this situation. Accepting and surrendering to the



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fact that the car can not be fixed, you gain the power to go forward to find alternative transportation. You can refuse to surrender, refuse to apply the step and allow your life to become unmanageable. The choice is yours.

As you see, the first step can and must be applied in all areas of your life. This is called living the steps. The bottom line is drugs are one symptom of our disease. The only relief we get from our disease is by working the steps. It is a new and exciting experience that will bring many changes into our lives.

One last thing that must be pointed out is the WE portion of all of our steps. All of our steps begin with WE except the twelfth, which has the word WE in the center. This makes us different from any other 12 step program. Narcotics Anonymous is a WE program and not a ME program.

Part of our strength and power in recovery comes from WE. Together we can. I can't, WE can! This is why we need meetings for the rest of our lives. This is why we need daily contact with other recovering addicts.

Another thing many newcomers think is, if I stop using I should be cured and I don't need the program or meetings anymore. The only way we know of to clear up this denial is to answer it this way. A non-addict (a person who does not have an addictive personality) who goes to the hospital for an operation is given a physically addictive drug for pain during a period of two weeks. He becomes physically addicted, they detoxify him and he goes on with his life without any problems. However, addicts with the DISEASE of addiction have addictive personalities. We were addicted long before we ever used. ~

[www.limestonena.com](http://www.limestonena.com)

## What is addiction?

*The World Service Board of Trustees developed the "What is Addiction" essay during the 1988-1989 conference year. It was revised during the 1995-96 conference year.*

"The task of defining addiction has challenged physicians, judges, clergy, addicts, their families, and the general public throughout history. There are as many potential definitions as there are groups with an interest in defining addiction. These definitions emphasize such things as physiological dependence, psychological dependence, family dynamics, behavioral problems, and morality. This list could be expanded at length, and NA could come up with its own definition and add it to the list.

Fortunately, Tradition Ten steers us away from such public debates. Clearly, debating such issues is not NA's task. Our task is to carry the message of recovery to the addict who still suffers.

Still, defining addiction for ourselves is certainly important to the process of recovery. After all, in our First Step we admit powerlessness over it. That admission is the foundation upon which our recovery is built. So the question, "What is addiction?" is relevant indeed; the fellowship has a responsibility to consider it carefully.

This discussion will not include a restatement of our fellowship's broadest understanding of what addiction is. That may be found in the Basic Text, especially in the chapter "Who is an Addict?" Instead, we will focus on a few difficult issues that the World Service Board of Trustees has been asked to consider.

### Is Addiction a Disease?

This is one of those questions about addiction that is diffi-

cult to answer. There is much public debate over the question of whether addiction is a disease, and we do not choose to become involved in this debate. However, it is our fellowship's collective experience and understanding that addiction is, in fact, a disease. We have no reason to challenge that perception now. It has served us well.

Our experience with addiction is that when we accept that it is a disease over which we are powerless, such surrender provides a basis for recovery through the Twelve Steps. The number of NA members living in freedom from active addiction show that this philosophy has worked for us. So even though we as a fellowship are not in a position to argue what is or is not a disease in the strictest medical sense, we are fully confident that our use of the word "disease" in describing our condition is appropriate.

This is the key point: professional people in fields like medicine, religion, psychiatry, law, and law enforcement define addiction in terms that are appropriate to their areas of concern. So do we. Narcotics Anonymous defines addiction for the purpose of providing recovery from it. We treat addiction as a disease because that makes sense to us and it works. We have no need to press the issue any farther than that.

### Does "Addiction" Mean Only Drug Addiction?

What about other kinds of addiction? By the word "addiction" we do, in fact, mean "drug addiction." Our Third Tradition says, "*The only requirement for membership is a desire to stop using.*" Clearly, we mean "... a desire to stop using drugs."

As a fellowship, we place much importance on the fact that we have shifted the focus of our steps off any spe-

cific drug and onto the addiction itself. We have done that by wording Step One "powerless over our addiction" rather than "powerless over drugs" or "powerless over narcotics."

Any wording of Step One which named specific drugs, or drugs at all, would have stated the principle with much less power than our current wording does.

If we were to broaden our focus beyond drug addiction to include other types of addiction, we believe we would seriously damage the atmosphere of identification in our meetings. The balance we strive for is a delicate one. On the one hand, we must understand our First Step well enough to keep our sharing at meetings focused on the disease of addiction, not on specific drugs. That way our focus is broad enough to include all drug addicts. On the other hand, we must keep our focus specific enough to provide clear identification for our new members.

### Why is Our Fellowship Named After a Specific Category of Drugs, Then?

Since it is true that we attempt not to focus on any particular drugs in our meetings, many members have questioned why we are called Narcotics Anonymous. Wouldn't Addicts Anonymous or Drug Addicts Anonymous have been a more appropriate title?

The name of our program does seem incongruous with our philosophy and with the varied nature of our membership. In fact, when our fellowship first formed, we called ourselves "Addicts Anonymous." Two separate fellowships, both calling themselves "AA" was not such a clean break, though. So our founders chose the

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## My Daily (Step 10) Personal Inventory

(Continued from page 6)

Step Ten suggests we continue to take personal inventory<sup>step 4</sup> and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear.<sup>step 4</sup> When these crop up, we ask God at once to remove them.<sup>steps 3,7</sup> We discuss them with someone immediately<sup>step 5</sup> and make amends<sup>steps 8,9</sup> quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help.<sup>step 12</sup> Love and tolerance of others is our code.

name Narcotics Anonymous. At the time, "narcotics" referred to all drug categories, and so "Narcotics Anonymous" was a reasonable choice as the name of our fellowship. The original title, then, did reflect our philosophy of not being focused on a specific drug or drugs. Unfortunately, the word narcotics later became associated with a particular drug category.

As our message is translated into other languages, a dilemma occurs. Sometimes "Narcotics Anonymous" is being translated into "Addicts Anonymous" or "Drug Addicts Anonymous" because the local translating committees understand the philosophy of our program. Other times, a new word is created in a language to preserve a stricter translation of our name. And sometimes "Narcotics Anonymous" is translated literally. What has seemed important to us is that the spirit of the NA message be maintained in these translations and that the program, by message and by name, be recognizable regardless of the language used.

**Afterward** ~ The essay is intended to stimulate members' thinking discussion about the nature of addiction. As members awaken spiritually and share with one another, the answers get woven into the fabric of the fellowship's conventional wisdom. Then, just when our thinking begins to harden into dogma, another generation comes along to challenge us and keep our perspective fresh.

We urge NA members to remain open-minded and flexible. It is important to look to our literature and our experienced members for guidance, but ultimately each member has the right to understand and apply this program in the way that works best for her or him."

LIABILITIES: Check for each day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1. Resentment							
2. False Pride							
3. Envy							
4. Jealousy, Mistrust							
5. Dishonesty, lying, exaggeration							
6. Selfishness, self-seeking, self-centeredness							
7. Laziness, sloth, boredom							
8. Inconsideration, Intolerance							
9. Lust							
10. Immoral thinking, vulgar talk							
11. Wrath, Anger, Irritability							
12. Greed, gluttony							
13. Fear of...							
ASSESTS: Check for each day	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1. Forgiveness							
2. Humility							
3. Contentment							
4. Trust							
5. Honesty							
6. Unselfishness							
7. Activity, zeal, promptness							
8. Tolerance, Acceptance							
9. Self-control, chastity							
10. Purity							
11. Love, kindness							
12. Generosity							
13. Faith							

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we have by giving it away." I realized that the reason for "Keep Coming Back" is reciprocity. I desperately need the NA fellowship, but guess what? They need me, too! They needed me the minute I walked in the door. I needed help, and they needed someone to help.

What a revelation! And what a great feeling to know that even with only 90 days clean, I am helping to keep this fellowship going strong. One day I will be the one sharing my experience, strength and hope with newcomers. I will be sponsoring someone, and I will need them as much as they need me. And I

will tell them to Keep Coming Back.

So, the next time you hear (or say) those words, pause for a moment and think about how important they are. For you, for our home group, and for the entire world fellowship of Narcotics Anonymous. Keep Coming Back!



# Crazy Monthly News

## Answer to last month's Step Three Q & A.

1. dogma, works
2. action, faith
3. recovery
4. strength, courage
5. surrender
6. self-will
7. commitment
8. change
9. struggling
10. let go
11. solution
12. freedom, communicate
13. relationship
14. direction
15. honesty, trust
16. acceptance, life's terms
17. serenity
18. responsibility

## Meeting Schedule

Sunday: 7:00 (S) **Candlelight**  
 Monday: 6:30 (NS) **Candlelight meeting the first Monday of each month.**  
*\*\*Note: Pathways male clients will be here 10/23 and 10/30*  
 Tuesday: 6:30 (S)  
 Wednesday: 6:30 (NS)  
*\*\*Note: Pathway's female clients will be here 10/25*  
 Thursday: 6:30 (S) **Book-study**  
 Friday: 6:30 (NS)

- Group Conscience, September 8, immediately following the regular meeting.
- This month's Birthday celebration will be held on October 27th.

Saturday: 6:30 (S)  
 Legend: (S=Smoking, NS=Non Smoking)

## Step Four

**"We made a searching and fearless moral inventory of ourselves."**

W X Y C O U R A G E H T I A F  
 Y U T M O D E E R F E H O O E  
 G N I H C R A E S N L D U P A  
 S N L B E L I E F S P N O G R  
 N O I S L U P M O C D H I N L  
 R I B T J E V I T A G E N I E  
 E S I N P O S I T I V E V K S  
 T S S E N E V I G R O F E A S  
 T E N M T H O R O U G H N T P  
 A S O T H N Y H O N E S T S R  
 P B P N R E F L E C T I O N O  
 A O S E C N A T S M U C R I C  
 P M E S K R E C O V E R Y A E  
 E D R E L A T I O N S H I P S  
 R W S R O I V A H E B T U R S

BEHAVIORS	BELIEFS	CIRCUMSTANCES
COMPULSION	COURAGE	FAITH
FEARLESS	FORGIVENESS	FOUNDATION
FREEDOM	HELP	HONEST
HOPE	INVENTORY	NEGATIVE
OBSESSION	PAINSTAKING	PAPER
PATTERNS	PEN	POSITIVE
PROCESS	RECOVERY	REFLECTION
RELATIONSHIPS	RESENTMENTS	RESPONSIBILITY
SEARCHING	THOROUGH	

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at the Gettin Better group—Patrick L. speaks at 8 pm.  
 ♦ October 9—Gary A with 2 years will be celebrating at New Freedoms—Tracy B. speaks at 8 pm.

♦ October 20—Stanley 21 yrs will be celebrating at Clean & Serene—Donna K. speaks at 6 pm.  
 ♦ October 26—Lori P celebrates 13 years at the Drop of Faith group—Marvin speaks at 8 pm.  
 ♦ October 28—Terry B celebrates 6 years at Deliverance (More will be

revealed)  
 ♦ October 28—Clean and Crazy Halloween Party—7 pm—until.  
**The Deliverance group is asking for support for it's 11 PM Saturday night meeting.**