

# CONFERENCE AGENDA REPORT

25 APRIL @ 1 MAY 2010

# VISION FUTURE



# WSC 2010

# World Service Conference

## Mission Statement

The World Service Conference brings all elements of NA world services together to further the common welfare of NA. The WSC's mission is to unify NA worldwide by providing an event at which:

- ◆ Participants propose and gain fellowship consensus on initiatives that further the NA World Services vision;
- ◆ The fellowship, through an exchange of experience, strength, and hope, collectively expresses itself on matters affecting Narcotics Anonymous as a whole;
- ◆ NA groups have a mechanism to guide and direct the activities of NA World Services;
- ◆ Participants ensure that the various elements of NA World Services are ultimately responsible to the groups they serve;
- ◆ Participants are inspired with the joy of selfless service, and the knowledge that our efforts make a difference.

*e*ach element of our service structure, from the group to the world, has its own role to play; all, however, serve together as a team, striving toward a common goal “that no addict seeking recovery need die without having the chance to find a new way of life.”

Concept Twelve Essay

## **Conference Agenda Report**

**WSC 2010**

**25 April – 1 May  
Woodland Hills, California**

## **2010 Conference Agenda Report World Service Conference of Narcotics Anonymous**

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## Table of Contents

World Board Report .....	1
Preparing for WSC 2010 .....	1
What's Under the Hood? .....	2
A Discussion-based Conference .....	3
Conference Sessions .....	4
Conference Approval Track and Other Material.....	5
Service System.....	8
Revising the NAWS Vision Statement.....	12
WSC Seating—An Uncomfortable Perch .....	15
NAWS Resources—Money.....	17
Literature .....	22
Self-Support.....	22
<i>In Times of Illness</i> .....	24
“Living Clean” .....	26
Literature Development Process—Where We've Been and Where We'd Like to Go.....	28
Issue Discussion Topics .....	33
Leadership.....	33
Communication .....	33
Our Freedom, Our Responsibility .....	34
Looking Ahead.....	34
Regional Motions .....	36
WSC 2010 Summary Sheet: Motions and Other Issues to Be Discussed .....	49
World Pool Information Form .....	51
Glossary .....	53
Addendum A — <i>Money Matters: Self-Support in NA Approval Draft</i> .....	59
Addendum B — <i>Funding NA Services Approval Draft</i> .....	65
Addendum C — <i>In Times Of Illness Approval Draft</i> .....	69
Addendum D — IP #24, “ <i>Hey! What's The Basket For?</i> ” & 25, <i>Self-Support: Principle and Practice 1988 &amp; 1998 Versions</i> .....	93
Addendum E — <i>In Times of Illness 1992 Version</i> .....	105

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Bahasa Melayu বাংলা Türkçe Manipuri 中文  
Українській Moldoveneasca English

### NA World Services Vision Statement

All of the efforts of Narcotics Anonymous World Services are inspired by the primary purpose of the groups we serve. Upon this common ground we stand committed.

Our vision is that one day:

- Every addict in the world has the chance to experience our message in his or her own language and culture and find the opportunity for a new way of life;
- NA communities worldwide and NA World Services work together in a spirit of unity and cooperation to carry our message of recovery;
- Narcotics Anonymous has universal recognition and respect as a viable program of recovery.

As our commonly held sense of the highest aspirations that set our course, our vision is our touchstone, our reference point, inspiring all that we do. Honesty, trust, and goodwill are the foundation of these ideals. In all our service efforts, we rely upon the guidance of a loving Higher Power.

Íslenska

Portugues  
عربي  
日本語  
Punjabi

Afrikaans

Anglicized  
हिन्दी

hrvatski

Svenska  
Polski  
فارسی

Deutsch

Swahili

Brasileiro

Bahasa Indonesia

Tamil

Ελληνικά

Norsk

Dansk

Русский

Español

ภาษาไทย

Magyar

اردو

Filipino

Italiano

Malti

Suomalainen  
Bosanski  
नेपाली

עברית

Latviete  
Lietuviškai

Slovak

Français

# World Board Report

Greetings from your World Board. We are writing this report in anticipation of the 30th World Service Conference, to be held from 25 April through 1 May 2010, in Woodland Hills, California, USA. To honor this landmark conference, the theme for WSC 2010 is Our Vision, Our Future. As is typically the case, the strides we have made toward achieving our vision lead us to looking toward the work that remains ahead. We have published the Sixth Edition Basic Text, which WSC 2008 approved unanimously. We held a World Convention in Barcelona, Spain, with members attending from 65 countries. We implemented new strategies for public relations, and worked on four new literature pieces, three of which you will see in this CAR. We attended scores of events and zonal forums around the world, and continued to support service bodies and groups in their efforts to carry the message. And that is only some of the work of world services. We know that local service bodies around the globe are working hard to carry the message. Truly, as a result of all of our efforts, many more addicts today have the chance to experience the NA message in their own language and culture than was possible even two years ago. We look forward to the opportunity to come together at the conference and imagine what we'll be able to accomplish in service of our vision in the future.

At WSC 2010 we will talk with delegates about alternative ways to organize our service system (see page 8). We will strategize about how to use our resources more effectively (see page 17). We will vote on several new pieces of literature (see pages 22 and 24) and talk more holistically about how to improve our literature development system (see page 28). Perhaps it is appropriate that so much of our 30th World Service Conference will be devoted to thinking through how we might improve and evolve, how we can plan for the future and not just rush headfirst into change. The conference is in its thirties now. Perhaps we are growing up.

According to our Conference Mission Statement,

The World Service Conference brings all elements of NA world services together to further the common welfare of NA. The WSC's mission is to unify NA worldwide by providing an event at which:

- Participants propose and gain fellowship consensus on initiatives that further the NA World Services vision.

Our vision may be lofty and ambitious, but the work we do together at the WSC and throughout the two-year cycle brings us closer every conference. We are the stewards of our future, and the ability to realize our vision rests with us. Together we can.

## Preparing for WSC 2010

We distribute copies of the *Conference Agenda Report*, at our cost, to all conference participants and regional service committees. Any NA member, group, or committee can purchase copies of the CAR from the World Service Office for US \$8.00, including shipping and handling, or download the document from our website, <http://www.na.org/conference>. In order to post the CAR in one location, including the approval drafts of recovery literature, this location is password protected. The username and password have remained the same this entire cycle and are both still WSC2010. The CAR is

published in English, French, German, Portuguese, Spanish, and Swedish. Translated versions will be published 25 December 2009. We would like to see the CAR distributed as widely as possible among NA members and service bodies, which is why we make it available for free as a download.

If this is your first time reading the *Conference Agenda Report*, welcome. Some might say that the CAR is a hybrid (though sadly not the sort that will save us gas money): It's partly a holdover from the years when the conference was filled with long days of formal business sessions and "motion sickness," and it's partly a vehicle to build consensus for our current, mostly discussion-based conference. It continues to evolve and we continue to do our best to make it an informative and relevant report.

For those who do not attend the WSC, the *Conference Agenda Report* is a window into the world of the conference—the decisions that will be made and the conversations that will happen. There is a sense of pride when we can see the results of discussions and decisions after reading the CAR.

When we see a particular piece of literature on the rack at our meetings and we can say to ourselves, "I voted on that piece!" we feel connected to NA in a way that we may not have felt before. It is our chance to be part of that "collective expression" our Mission Statement talks about.

We continue to try to make this a more useful document just as we continue to make changes to the conference itself. We know we aren't "there" yet. We know, for instance, that it is still challenging to use the CAR as a vehicle for fellowshipwide discussion. We may have gotten better at putting together a friendlier and more accessible document so it's easier for all members—not just the service-savvy—to read the CAR and understand the issues that will be talked about at the conference. But we struggle with knowing how to improve communication between members, service committees, and world services. Honestly, we don't have all of the answers. We welcome your ideas about how to facilitate those discussions and help to gather a conscience.

The World Service Conference provides an event at which:

- The fellowship, through an exchange of experience, strength, and hope, collectively expresses itself on matters affecting Narcotics Anonymous as a whole

## What's Under the Hood?

Much of this first main section of the CAR, "Preparing for WSC 2010," is geared toward the conference participants themselves. This section talks about conference sessions, how to prepare for the conference, the Conference Approval Track mailing, CAR workshops, and these kinds of conference-prep matters. The rest of the CAR is focused on the business and discussions of the conference. The "Service System" section touches on the origins of that project and the work so far, including a motion to revise the NAWS Vision Statement and discussions that will be framed for the conference about alternative options for service delivery. The "NAWS Resources" section talks about the challenges we face delivering services in these times where most of us are trying to do more with less, including the question of what changes, if any, to make to NAWS periodicals. The "Literature" section contains motions to

approve the two new self-support IPs, *Money Matters: Self-Support in NA* and *Funding NA Services*, as well as a motion to approve a revision to *In Times of Illness*. This section also updates you on the progress of the *Living Clean* project and frames a discussion we hope to have at the conference about literature development in general. The “IDTs” section talks about each of the Issue Discussion Topics for the 2008–2010 conference cycle: Our Freedom, Our Responsibility; Leadership; and Communication. The last section of the Board Report, “Looking Ahead,” glances at the cycle in front of us. The “Regional Motions” section of the CAR contains ten regional motions, which are grouped together by related topic.

As we do in every CAR, we have included a summary sheet that contains all of the motions. We do not have any discussion questions this year, but we are trying something new and including a sentence or two summarizing some other topics that will be discussed at the conference on this summary sheet. A World Pool Information Form and a glossary follow the summary sheet. The last items in the CAR are the addenda, which include three pieces of literature that will come before the conference: two IPs on self-support—*Funding NA Services*, a short, graphical piece intended for groups, and *Money Matters*, a longer text-based piece for members—and a revision of *In Times of Illness*. We do not translate these approval draft pieces, but some local communities may choose to do so.

## A Discussion-based Conference

In the last CAR we wrote about the progress we have made in transforming the conference into a discussion-based forum, as well as the challenges we still face in connecting those discussions to the conversations happening in local NA communities. We are still working on ways to best build a CAR that will stimulate discussion and help delegates carry the results of those discussions to the conference. As effective as a discussion-based format has been at the WSC, we still have work to do to close the divide between local NA communities and the World Service Conference. We remain optimistic, though. After all, we have come such a long way, and the conference has embraced discussion sessions and consensus-building as a valuable way to move toward our vision.

Though it has become easier and easier to think of the conference as a place where we talk together about issues of importance, build consensus, and come to decisions about how to move forward, we are really still largely in the same place that we were in 2008. Having discussion sessions before formal business has made those business sessions more effective, and we have been able to talk about things like the process for developing service pamphlets or the nominations process for world service positions and to make decisions on how to improve those processes. But we hope to find more effective ways of hearing the views of local members and service bodies in these conversations.

At this conference we hope to talk about alternatives to our current service system and the literature development process, two weighty topics indeed. Our ability to have open discussion, whether in small groups or as a whole conference, represents real progress for the World Service Conference. There was a time when most of the discussion at the conference was driven by motions and thus had to come in the form of “Are you for this or against it?” If the body did determine to have open discussion, that discussion often took place only after protracted debate over the decision of

whether or not to open the floor to such a discussion. It's hard to imagine how debate over particular motions could be effective at this point where we are attempting to discuss such potentially complex questions as "Are there more effective alternatives to our service system that are just as guided by our spiritual principles as our current system?" Being able to talk openly about what would best serve the fellowship, what makes us uncomfortable, what excites us, what we feel nervous about, and so on, gives us useful feedback that can help guide our work over the next two years. Similarly, even when we are discussing an issue perhaps less highly charged, such as the production and distribution of NAWS publications, it helps us to be able to have a discussion about how we can carry our message most effectively and, frankly, use our resources most wisely. We don't feel ready to make motions about some of these issues. We know we need to make changes, but we would much rather talk together about what makes sense. The current conference, with its emphasis on discussion sessions, makes that possible. Ideally these discussions would take place at the local level, in *CAR* workshops and other workshops throughout the cycle, so that the conference becomes a place to bring together a fellowship conscience in a discussion-based format. The word "conscience" makes much more sense in this context than it does when an entire range of ideas and concerns must become distilled into a simple vote on a particular motion. The conference then becomes a place for building and developing consensus about the way forward, not just measuring that consensus.

As we reported in 2008, however, the *Conference Agenda Report* hasn't entirely caught up with the progress we have made at the conference. We have tried including discussion questions in the *CAR* to limited effect. Without a better idea of how to collect the results of those discussions, it is usually difficult for delegates to translate the discussions they have on a local level into information that can be useful at the conference. We seem to have better luck with questions that ask for specific feedback, such as "What sort of new service tools would you like to see?" or "What piece of targeted literature should we work on next?" For this *CAR* we have tried to include a capsule summary of some of the topics we know we will discuss at this conference (see page 49). We hope that this will guide input for those workshopping or reading the *CAR*. If you have any ideas on how we can provide better tools to make the *Conference Agenda Report* more effective, we welcome them!

## Conference Sessions

The *Conference Report*, which comes out in March 2010, will give a detailed description of the conference week including a day-to-day schedule. We write the *CAR* in October and November, still five or six months before the conference, so we are in preliminary planning as far as conference sessions. We also have an online survey posted until the end of November so that delegates can tell us what sort of sessions they would like to have at the conference. Though details of the week are still undefined at this point, many of the sessions remain consistent from conference to conference. The list below outlines the sessions we typically include during conference week:

- Orientation, giving an overview of what to expect for the week
- Welcome session with introductions
- NAWS report
- HRP report

- Strategic plan small group session
- Public relations presentation
- Fellowship development presentation
- Zonal forum reports (space will be provided for zonal forum meetings during the week)
- Old and new business, with each business session preceded by a discussion session
- Presentation of proposed budget and project plans for the cycle ahead (to be voted on in new business)
- Presentation of regions to be considered for conference seating at WSC 2012
- Elections for World Board, HRP, and WSC cofacilitators

We also know we will discuss the service system, the literature development process, and issues surrounding self-support at some point during the week—whether or not these topics have specific sessions devoted to them. We will also talk about the Issue Discussion Topics for the 2008–2010 cycle—Leadership, Communication, and Our Freedom, Our Responsibility—as well as those for the upcoming cycle.

There is a lot to discuss and decide upon at the conference, and the sheer volume of information can be overwhelming. Because of this, we do build in time for fun as well. For three conferences in a row we have had spent a midweek afternoon at a nearby ranch, and everyone has enjoyed the break from business to have lunch, play games (or not), socialize, listen to music, and have a meeting. It's hard to spend an entire week in a conference room, and a change of scenery and a chance to get to know each other in a different setting helps the work go more smoothly. Those of us lucky enough to attend a World Service Conference never forget our experiences there, and some of the friends we meet become friends for life.

It has become one our reporting clichés to talk about how this conference (or convention, or fiscal year, or planning cycle) is “one of a kind.” The honest truth is that each conference is special. The last point of our conference mission statement describes the conference as an event at which “participants are inspired with the joy of selfless service, and the knowledge that our efforts make a difference.” It is our hope that everyone reading the *CAR* will be able to touch that inspiration in some fashion or another.

## Conference Approval Track and Other Material

In addition to the *Conference Agenda Report*, some of the service-related, strategic plan, and budgetary material we will discuss at the conference will be mailed to conference participants in January. Once upon a time, all of that material would be included in the *CAR* (well, except the strategic plan because we didn't have a strategic plan then). But the *CAR* was unwieldy and many, many groups complained because much of the material seemed beyond their purpose and concern. They would try to workshop it and their members would complain that this was not material they cared about and it didn't seem to have much to do with their experience of NA. Couldn't we make the *CAR* more relevant to their needs, they asked?

In response to this request, we created a separate mailing: the Conference Approval Track, where we include the NAWS budget and project plans, the strategic plan for the

upcoming cycle, any revisions to *A Guide to World Services in NA*, and other service materials. Creating this separate mailing allowed us to move up the mailing of the CAR to earlier than ever before, as well. We used to mail the CAR 90 days before the conference. Now, because there are fewer items we need to get ready for the CAR and with a two-year conference cycle, we can mail it 150 days prior to the conference.

Making these mailings separate means that the groups who wish to do so can more easily delegate decisions about the items in the CAT. But we also know there are groups and members who want to read and talk about that material, so in 2008 we started giving an overview of the CAT here and making sure those who are interested know how to access it. This year, we will also try including motions for the material that will require motions at the conference. We welcome your feedback on whether or not this additional material helps or whether it detracts from items such as the strategic plan, which are extremely important but do not require a motion.

The CAT always includes the NAWS Strategic Plan, and those of you who are particularly interested in the workings of world services may want to pay special attention to the plan. It sets the course for change in our organization over the next two years. The plan consists of our broad objectives and the goals we strive to reach. The project plans for each cycle stem from the goals that we prioritize in the plan. Without bogging you down with the detail and terminology of the plan, what we can say briefly here is that implementing a strategic planning process has really changed the way we approach our service work on a world level. While more and more areas and regions are beginning to utilize some sort of planning, we know that we have a long way to go before NA can be said to have a real culture of planning. We recognize that planning still hasn't worked its way into local practices in most communities and that we tend to take a scattershot approach to service. We hope to have some tools to share with delegates at the conference to make planning easier on a local level.

In the meantime, if you want to take a look at the NAWS Strategic Plan or any of the other Conference Approval Track material, the CAT will be accessible online. The material is password protected so that only NA members will have access to our proposed budget and the other materials included. Clicking on the link on the conference page (<http://www.na.org/conference>) will take you through the process to get a password. Alternatively, you can purchase the Conference Approval Track material just as you can purchase the CAR.

## **Other Conference Preparations**

The CAR and the CAT can be a lot to wade through, we know, and if you are in a position where you are asked to gather the conscience of a group, area, or region, it can seem overwhelming. We welcome any ideas you have on how to make the task easier or any tools we could develop to help when having a workshop. All of the items related to WSC 2010 will be accessible from the conference webpage, which will be updated as materials are made available: <http://www.na.org/conference>.

One of the other responsibilities delegates have when preparing for the conference is to submit a report about your region. Over the past several conferences we have used an online form to give you a template to follow, and this has been a great success. Most delegates find this a relatively easy way to submit their report. Plus, having standardized information across all regions helps us collate the data and put together

a summary of reports for you that includes regional averages and summaries and, this year, may attempt to trend certain figures such as numbers of meetings.

Of course, you need not use the online form. You can download the form and mail it in, or you can send us a report in a different format if you'd prefer. Whatever form you choose, **the deadline for regional reports will be 15 February 2010**. If you can get us your report by then, you can ensure that the information from your region is included in the summary we compile.

That summary, plus all of the regional reports we receive in time, will be included in the *Conference Report*, which comes out in March. The *CR* will also summarize the Issue Discussion Topic input and give a day-by-day description of the conference sessions.

We know that's a lot of reading. If you're feeling the need for support or you have questions that come up in the course of preparing for the conference, one place to look is the WSC participants' discussion forum: <http://www.naws.org/wsc-forum/>. This is a great spot to "talk" to other conference participants and get their take on the issues and advice about workshops or conference preparations. If you have a success story of any kind, we hope you will share it here. Seeing the potential of the WSC participant board led us to start a bulletin board devoted to NA service at all levels: <http://disc.na.org/servdisc/>. If you haven't had a chance to log on and check it out, do. Members share experience and ask questions about every aspect of NA service here.

We're no strangers to helping each other. It's what we do in NA, whether it's with a newcomer in our homegroups or in working together at service meetings. We know the power of coming together to carry NA's message. We know it takes each addict's unique voice and strength. We can only realize our vision if we all work together. Our future depends on it. It's Our Vision, Our Future.

## Service System

Our vision statement lays out an inspiring view of what our services are striving to accomplish. However, realizing our vision isn't like being on the Starship *Enterprise* and being able to just say, "Make it so!" If it were just a matter of desire or hard work, we would be there already. We addicts are certainly dogged in the pursuit of our goals. Our service structure was created so that groups can focus on their primary purpose to carry the message to the addict who still suffers, while our service bodies come together to build public relations, carry meetings into institutions, produce literature, and perform other services that support the groups. As you have shared with us in numerous forums and workshops, however, our current service system can, at times, almost seem to make things harder rather than easier.

Our First Tradition talks of the unity needed in NA groups to fulfill our primary purpose, while our First Concept talks of groups coming together to create a service system to better achieve this common aim.

But the reality of our current system is often far from those ideals. For many years we have heard from delegates and members about problems with the current service system. Finding enough members to be of service and the atmosphere we encounter when we do serve are just two examples of some of those challenges. We have discussed these issues as a fellowship with topics like Infrastructure and Our Service System over the last few conference cycles in an effort to move forward. Reviewing the history of the development of our system shows us that we have been working on building ways to more effectively carry the message almost since our inception as a fellowship.

### Concept One:

To fulfill our primary purpose, the NA groups have joined together to create a structure which develops, coordinates, and maintains services on behalf of NA as a whole.

## A Brief History of the Service System

This may be a God-given program, but our service structure was surely human-made. Like the LA freeway system, NA's service system was created to meet the needs of a fellowship very different from the NA of today. It has been added onto and changed as our fellowship has grown and our needs have changed, but the system as a whole hasn't necessarily adapted in the most effective ways. We have, in a sense, always paved this road as we've driven on it.

### *Where We Came From—A Vision of a Global Fellowship*

Our service structure really began about 40 years ago with the creation of the World Service Office by Jimmy K and Sylvia W. The office operated from Jimmy's home and served as a phoneline, literature creation and distribution point, and fellowship development resource. It was intended to be a concrete way to fulfill Jimmy's vision of a worldwide fellowship. By 1963 discussions were underway to create some form of service body to continue ensuring the growth of NA. These discussions resulted in the 1964 formation of the Board of Trustees, consisting of two addicts and two non-addicts. The trustees' role was loosely defined as providing guidance to the growing fellowship and creating new literature.

The idea of a Parent General Service Organization grew from discussions among our earliest members and was presented to the trustees in early 1969. This GSO provided for monthly meetings with group representatives, the establishment of a central office and a public relations committee, and the re-formation of the trustees as the General Service Board of Trustees.

Following a business meeting at the first world convention in November 1971, the first actual WSO was opened in 1972. Also around this time, NA “intergroups” began to appear, following the AA service structure model, with a focus on sharing experience and resources to better carry the message. These were initially in Northern California and Philadelphia. By 1973 the new chairman of the GSO, Greg P, had formulated plans to create a new level of service between the groups and the GSO called the area service committee. This idea was born from the problems that groups in Southern California encountered due to the geographical distance between them. As the fellowship grew, it became increasingly impractical for groups to travel many miles for a monthly business meeting with the parent GSO. The ASC would allow for groups to band together and send one representative to the business meeting. The San Fernando Valley Area was the first to embrace this idea and began holding its own monthly meeting and sending a single area representative to the monthly GSO meetings. After some resistance, other areas began to form similar bodies, and the existing intergroups re-formed as ASCs.

The first World Service Conference was held in conjunction with the sixth World Convention in 1976. It was here that the trustees presented our first service manual, *The NA Tree*, created by Greg and Jimmy the previous year and adopted by the trustees after much discussion. *The NA Tree* included the concept of levels of service—group, area, and region—with each level sending a representative on to the next, and it contained the first publication of the NA service symbol.

### ***Where We Went—Creation of the TWGSS***

At the 1982 WSC, the local section of the *Service Manual of Narcotics Anonymous* was approved, but the world services section was rejected. A motion was passed to “compile from previously approved actions, all of the information that would comprise the Structure of NA.” This led to the 1983 creation of *A Temporary Working Guide to our Service Structure (TWGSS)*, which consisted of the various descriptions of the service structure that had been approved at different meetings over the previous three years. The WSC Policy Committee was instructed “to rewrite the service structure for approval by the WSC.” The TWGSS was revised as motions were passed and the changes they mandated were incorporated into the manual on a year-by-year basis. At the 1984 WSC the Select Committee was formed to continue developing a guide to service. They achieved little over the next two years and eventually decided to start from scratch in 1986. At the 1987 WSC, they presented a draft of *A Guide to Service in Narcotics Anonymous* for review and input. This manual contained material on the previously untouched subject of group conscience and the trusted servant. The next six years saw deadline extensions, a name change to the Ad Hoc Committee on NA Service, and the realization that NA needed a foundational piece on the principles of service.

Initially, ideas for this foundational piece revolved around the subject of delegation and responsibility when it came to trusted servants and the groups they represented, but the piece grew to become the *Twelve Concepts for NA Service*. Much of the committee’s work between 1988 and 1992 focused on the material that became *The*

*Group Booklet* (approved in 1990) and the concepts (approved in 1992), and led to several changes to world services' procedures and guidelines. Both the WSC Policy Committee and the WSC Literature Committee were also involved in this work.

The *TWGSS* contained material on the basics of a group and its trusted servants, and the purpose and structure of the ASC, RSC, and NAWS. The section on world services constituted over half of the guide and contained detailed procedural guidelines. These guidelines would be the focus of much of the conference's energy over the next few years, with most of the changes to the document over the next several years addressing the internal workings of world services' various boards and committees, along with the conference itself, but with no significant changes being proposed to the local service structure at any level.

The efforts of the Ad Hoc NAS, the Policy Committee, and the Literature Committee finally led to the approval of *A Guide to Local Services* in 1997. (The remaining material from the *TWGSS* on world services was published as *A Temporary Working Guide to our World Service Structure*, also in 1997.) The *GLS* contained material not previously included in the *TWGSS*. The main additions were:

- The Twelve Concepts for NA Service in the body of the manual
- A section on developing NA communities
- A section on dividing ASCs
- A section on metros
- Material on rural communities
- A sample Rules of Order for business meetings
- The section on the group, its trusted servants, and their responsibilities was enlarged. The six points of what constituted an NA group were included for the first time.
- The sections on the ASC and the RSC were also expanded. The Area and Regional Service Representative positions were renamed Regional Committee Member and Regional Delegate to reflect the ideas on delegation and participation contained in the concepts.

A summary of the service structure was added as a result of a motion at the 2002 WSC, but there have been no other significant changes to our primary local service manual since its adoption thirteen years ago.

### ***Reshaping NAWS—Inventory, Resolution, and Transition***

World services, on the other hand, was fundamentally restructured during the same time period. The difficulties with world services in the 1980s (and early 1990s) were summarized in this extract from the WSC Ad Hoc Committee on NA Service report to the 1990 WSC:

“One body – the group of conference committees – has large responsibilities for developing and maintaining services, and highly detailed guidelines describing the degree of accountability they are to be held to. Yet the conference committees have almost no authority when it comes to making decisions concerning allocation of the resources necessary for fulfilling those services. A second body – the World Service Office Board of Directors – also has large responsibilities, but its fiscal authority far exceeds those responsibilities. WSO directors, despite their substantial responsibilities and authority, are the most distant from the World Service Conference of the three service arms. Only one member of the board – its chairperson – is a conference

participant, and only three of its twelve members are directly elected by the conference. The third world service body, the World Service Board of Trustees, has only the most vaguely defined responsibilities, and no authority whatsoever. Yet all the trustees are voting members of the World Service Conference, and all are elected by the conference, as if the conference believed them to be in positions requiring substantial participation and accountability.”

The rapid growth of NA following the publication of the Basic Text, dissatisfaction with the process of the WSC meeting itself, and the widespread duplication and inefficiency of world service efforts finally led to the world services inventory, which was approved by conference action in 1993.

The two-year inventory process identified several main problems:

- Lack of vision for WSO, WSC, and the World Convention Corporation
- Lack of a strategic plan
- Incorrectly sized committees and boards
- No integration of management techniques to world services
- Inefficiently bringing the message of hope to the suffering addict

In response to these problems, the Resolution Group was formed at the 1995 WSC. The group developed four goals that they believed, if accomplished, would make a significant contribution toward developing and implementing specific solutions to these problems. These goals were:

- To write a vision statement for NA World Services
- To write a mission statement for the World Service Conference
- To create proposals for structural change of NA World Services
- To create proposals for future work

They presented a NAWS Vision Statement, a WSC Mission Statement, and a series of eight resolutions to the conference in 1996, of which six were adopted.

- Resolution A proposed, in principle, a change in participation at the WSC. Its intention was to reduce the number of representatives, ensure an equal representation from all geographic entities, and move the conference toward consensus-based decision-making.
- Resolution B proposed, in principle, the adoption of a World Board to replace the BOT, BOD, and WSC Admin committees.
- Resolution C2 proposed, in principle, a significantly downsized WSC standing committee structure that would be responsible to the Board.
- Resolution E proposed, in principle, the adoption of a unified NAWS budget.
- Resolution F proposed, in principle, the adoption of the World Pool.
- Resolution G proposed, in principle, the adoption of the Human Resource Panel.

From 1996 to 1998 the Transition Group worked on a series of proposals to present to the conference. Motions resulting from these led to the creation of the World Board, HRP, World Pool, and a unified budget for NAWS. Resolution A was the only resolution adopted that didn't result in any specific proposals being accepted by the WSC at that time, although subsequent conference action has led to some of the elements being adopted, for example, the funding of delegates from all seated regions and the adoption of CBDM guidelines at WSC 2008.

## Creation of the Service System Project

Part of our process with this project was to understand how we got the service structure we have today and to review fellowship input about what's working and what's not working within this structure. We've gathered input on this topic in various forms over the past years—in the Issue Discussion Topics Our Service System and Infrastructure, as well as from idea trees and general conversations at worldwide workshops and zonal forums around the world. And now we are moving forward to build on our strengths and try to resolve our weaknesses.

At the 2008 WSC, participants approved the Service System Project in an effort to take a holistic look at how we can better provide services in a fellowship that has come so far and changed so much over the years. We have seen tremendous positive benefit from the changes in world services, but we have yet to take a similar holistic look at local services. Since we have continued to evolve and look at processes at the world service level, we wanted to focus this project on the other levels of our service system. The Service System Project was created to begin imagining changes on a local level to move the reality of our service provision closer to our ideal. After talking for years together as a fellowship about “what's working and what's not working,” we determined the only way to really address the fundamental issues with the service system was through a project devoted to the system as a whole.

The project grew from this approach in the 2006–2008 NAWS Strategic Plan:

“Develop a vision for all NA service efforts and begin to explore best practices and options for local service delivery. This project will be rooted in an analysis of the success factors that work across our service structure, as well as allow for flexibility in meeting unique local needs. This will ultimately result in a rewrite of *A Guide to Local Services in NA*. We expect that the first cycle of this project will be focused on gathering options and presenting them for discussion in the fellowship.”

Of course, before we can bring the real closer to the ideal, we need to make sure we are all focused on the same set of ideals, that we share a common vision. As the approach in our strategic plan spells out, we were tasked with developing a vision for NA service efforts.

## Revising the NAWS Vision Statement

After some discussion we decided to widen the focus of the existing NAWS Vision Statement to make it “A Vision for NA Service.” The NAWS vision is already embraced by many groups, service bodies, and members, but it really is the NAWS vision. We hope, with some relatively minor revisions, to be able to broaden the scope.

The draft vision included here for your consideration contains several changes. First, we have tweaked the language in general so that it is more clearly a vision statement for all NA services, not just for world services. Then we added a second bullet that speaks to the joy and spiritual growth that come from service. We felt that adding the new bullet in the second spot makes for a logical and elegant progression from a bullet focused on addicts, to one on members, to one on NA communities, and finally to one on the world at large.

The next change, to the third bullet, was perhaps the most difficult for us. There was much discussion about how to phrase the idea of systemic or lateral cooperation throughout NA service, not just between world services and NA communities. After several revisions, we think we captured the idea of interconnectivity that we were trying to emphasize.

The final changes are to the closing paragraph. Again, these changes resulted after much discussion. Our goal was to shorten the length of this paragraph but retain the references to honesty, trust, goodwill, and a loving Higher Power.

From a technical policy standpoint, we actually do not need to include this motion in the CAR as it is service material and we typically include service material in the Conference Approval Track mailing. We included it here in the CAR, however, because we believe it is fundamental to our primary purpose and will benefit from as wide an exposure as possible. Our hope is that by creating a common vision for all of us to work toward, we will be able to better focus our service efforts toward the ideal image of the future we wish to create.



**Motion 1: To approve “A Vision for NA Service” stated below to replace the existing “NA World Services Vision Statement”.**

**A Vision for NA Service**

All of the efforts of Narcotics Anonymous are inspired by the primary purpose of our groups. Upon this common ground we stand committed.

Our vision is that one day:

- Every addict in the world has the chance to experience our message in his or her own language and culture and find the opportunity for a new way of life;
- Every member, inspired by the gift of recovery, experiences spiritual growth and fulfillment through service;
- NA service bodies worldwide work together in a spirit of unity and cooperation to support the groups in carrying our message of recovery;
- Narcotics Anonymous has universal recognition and respect as a viable program of recovery.

Honesty, trust, and goodwill are the foundation of our service efforts, all of which rely upon the guidance of a loving Higher Power.

Intent: To replace the NAWS Vision Statement with a vision statement for all NA services.

Financial Impact: The cost of creating this material has already been incurred as agreed to by passing the service system project plan at WSC 2008. The production and translations costs associated with replacing the vision statement in the material where it is printed would be minimal because these revisions would occur when there are new printings.

Policy Affected: This motion would replace the current NA World Services Vision Statement:

All of the efforts of Narcotics Anonymous World Services are inspired by the primary purpose of the groups we serve. Upon this common ground we stand committed.

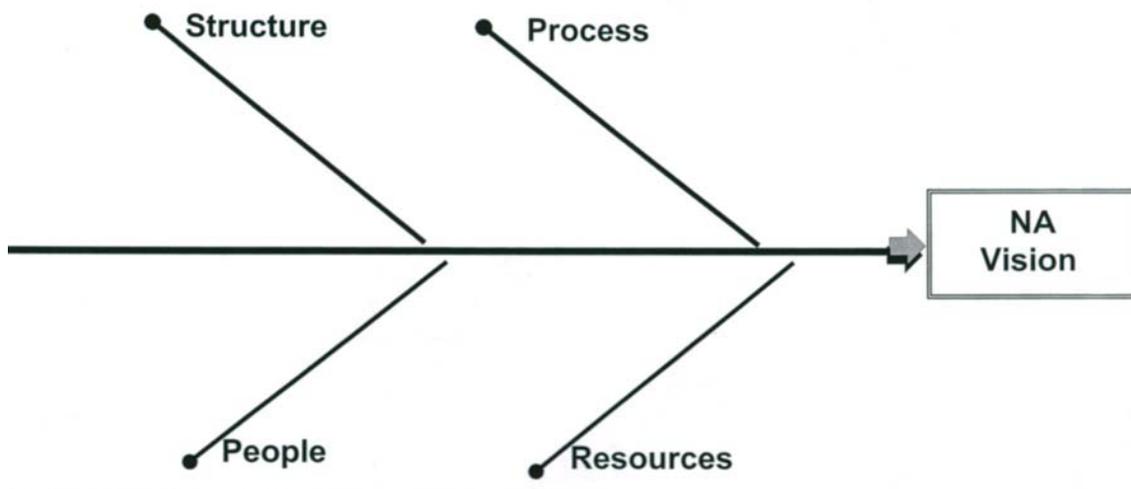
Our vision is that one day:

- Every addict in the world has the chance to experience our message in his or her own language and culture and find the opportunity for a new way of life;
- NA communities worldwide and NA World Services work together in a spirit of unity and cooperation to carry our message of recovery;
- Narcotics Anonymous has universal recognition and respect as a viable program of recovery.

As our commonly held sense of the highest aspirations that set our course, our vision is our touchstone, our reference point, inspiring all that we do. Honesty, trust, and goodwill are the foundation of these ideals. In all our service efforts, we rely upon the guidance of a loving Higher Power.

### Options for Change—Opportunities for Growth

Working on a vision statement was only one small part of the work of the Service System Project. We have spent most of our time preparing to develop “options for local service delivery.” One of the first things we began to wrap our heads around was that structure is just one part of a service system. In addition to structure, a system includes people, processes, and resources. We cannot focus on any one of these components to the exclusion of the others.



In order to begin thinking about alternative options for service delivery, we went through a protracted process of defining and refining a series of essentials before we began to frame more concrete ideas. What we wanted was to think very carefully about our principles and the purposes of a service system before we began focusing on practical implementation of those principles. Guided by the maxim “form follows function,” we first created a long list of all the needs we expect our system to fulfill. Some of these are very basic, like “an addict needs to be able to find a meeting,” while others are more complex, like “treatment facilities need to understand who NA is, what it does, and how it is relevant.”

After exhaustive brainstorming about the needs the service system was created to meet, we began to compile more lists. At times this felt like a “list-fest,” as they got longer and more numerous. We created a list of functions that any system would have to include, such as PR/external relations, information management, and community

development and support. From here we moved on to delivery vehicles like “meeting directories” or “PR roundtables/focus groups.” We tended to think of the functions as the “what” of the system and the delivery vehicles as the “how.” Our final stop was to think about “who” is to fulfill these functions by creating a list of roles. As we worked through the process we continually referred back to our initial needs document to ensure we were covering these necessities.

In addition to this we spent a lot of time talking about the ideals of a service system. We compiled a list of essential elements and principles that a system must embody and a list of the many variables for which it should account. These tools will help us “means-test” options as we design them; in other words, any models we come up with can be held up to these essentials and variables to make sure it accounts for them all. Throughout this part of the process we avoided any discussion of structure, as it seems that many of our difficulties are rooted in our overemphasis on structure alone.

Clearly, issues like poor communication have as much to do with processes and people as they do with structure. The most efficient structure possible will not work unless we have sufficiently trained members in key positions. Accordingly, we are approaching the task of framing options for service delivery as a systemic task and focusing on each of the four components listed above: structure, process, people, and resources.

We look forward to discussing these options with delegates at the conference. Keep a lookout for more material from the project before the WSC in the *Conference Report*.

### **WSC Seating—An Uncomfortable Perch**

Any discussion of our service system inevitably crosses paths with the topic of WSC seating. Changes we make to one component of the structure directly influence the other. As many of you know, the 2008 conference elected to institute a moratorium on the conference policy on seating new regions until 2012. As we have reported repeatedly over the years, the policy we were using, adopted in 2000, had proven itself ineffective by 2006. The criteria did not provide a method for evaluation of either the conference’s or the region’s needs, but sought to apply a rigid set of criteria across all cases. What’s more, that policy did not address the desire to stem the growth of US regions or regions resulting from a split. The 2008 Conference Approval Track material explained this difficulty:

“The conference has discussed its own growth and how to deal with issues related to representation for years without coming to consensus. We all agree that the growth of NA is a positive thing, but we haven’t yet come to an agreement about how to reconcile our growth as a fellowship with the need to conduct business effectively at the conference.”

And so, while the Service System Workgroup has been doing the background work for us to begin thinking about alternative options for service delivery, the board has been talking about models for seating at the World Service Conference. Any effective seating model has to satisfy both the needs of the fellowship in ensuring clear communication and participation, and the needs of the conference in terms of size, diversity, and financial viability.

At times we have found ourselves stuck between deciding which comes first, local service delivery or WSC seating. We spent a great deal of time talking about the basic principles underpinning the seating issue, much as we did with the service system. We

asked ourselves, “What is the conference for?” Decision making, training, sharing experience, receiving direction from the fellowship, and the “magic” of coming together as a global fellowship were all key points brought up in our discussion and reflected in GWSNA. From here it isn’t hard to agree in principle on what we want to see at an ideal WSC. We want the diversity of our fellowship to be represented, but we want to not be so large that we are prohibitively expensive or unwieldy in our discussions and decision making. We want our newer communities to participate, but we want to retain the experience of our older communities as well. We want the “magic” of worldwide NA to be felt broadly throughout our fellowship, but we are not certain whether that must occur through WSC representation or through other means. We are beginning to try to translate those ideals into something more concrete that we can look at together at the conference. Although we do not plan to focus on world services per se, world services and conference seating in particular have to be considered as part of any proposed system.

The service system is a four-year project, and the seating moratorium extends for two more years as well. We expect there will be many discussions about these topics over the next two years. We will use this conference to talk together—board and delegates—about the ideas generated from the board and workgroup so far. As we get closer to the conference, preparatory materials like the *Conference Report* will have more information. This will set the stage for the ideas and work the fellowship will be discussing over the next two years.

## **NAWS Resources—Money**

As we mentioned in the service system essay above, resources is one of the four main components of a service system, and while we in NA are well accustomed to working with limited resources, recent years have presented us with financial challenges above and beyond the usual “trying to do more with less.”

We started to report on our fiscal stability, our trends, our challenges, and our financial changes beginning with the September–November 2008 NAWS News. As a fellowship, we generally do not like to discuss money matters. We seem to think money is not spiritual, but money and spirituality do have a positive association when we consider the principles of abundance and generosity. These principles afford us the ability to fulfill our primary purpose. The theme of this conference is Our Vision, Our Future, and those of you who have been reading about our resource crunch understand that, while we are ever-hopeful for the future, our present isn't that bright. NAWS' ability to realize our vision has been affected this conference cycle with a marked decrease in contributions from the fellowship. We have also had an increase in requests to discuss funding at workshops and know that this is not something that only affects world services. We felt providing fiscal updates in NAWS News was one way we could respond responsibly to our fiscal difficulties. We communicated our challenges, we asked the fellowship for support and input, and we have decreased expenses where possible. This is the first time we have brought up the subject of money so centrally in the *Conference Agenda Report*, but again, to do so seems like the most responsible action. By presenting a frank overview of our position, we hope interested members will be better able to get a picture of NAWS' financial straits.

NAWS is approaching a critical point where the level of service that we provide on behalf of the fellowship has been affected. We have operated at a loss for the last two fiscal years. This means that it is costing us more money to operate than the income we are taking in, and we are making up the shortfall by spending our reserves. It is not that our income is unexpectedly low in all areas, though our donations have decreased, but that our costs are rising to a level that is not sustainable.

To give a close-up picture, we will recap what we have previously reported in NAWS News. For the fiscal year that ended 30 June 2008, we exceeded budget in the areas of developmental literature, translations, fellowship development and workshops, WSC publications, shipping, public relations, and the meeting of the World Service Conference. There has been a cost increase of more than \$100,000 with the conference from 2006 to 2008, and we expect this increase to continue for WSC 2010. We thought that in our partnerships with regions, and since we are now fully funding delegates to the conferences, regions would make contributions to NAWS to offset WSC expenses. This has yet to be our reality. Our reliance on the sales of recovery literature to fund services to our worldwide fellowship needs to be balanced with membership contributions.

For our part, we have been looking at four main areas to save money: travel/fellowship development, publications, convention, and literature distribution. We cut our travel costs in half last year, as compared to the year before, though we won't be able to have this dramatic of a cut again this year because it is a CAR year. We are looking for anywhere that we can save money with as little impact as possible to the services we provide. For instance, we have been trying to send board members who are closest to

a given event when board members travel. We might not have done that in the past because we like to use trips to give board members exposure to communities they might not otherwise get to visit/experience, but given our current situation, it's a prudent choice.

We have also decreased our attendance at professional events, reduced literature subsidies for cooperative public relations events with local NA communities, and begun taking steps to change criteria for considering requests for fellowship developmental trips and workshops—yet, at what cost? We have made substantial strides through public relations to help professionals view NA as a credible program of recovery, yet we are acutely aware from our attendance at a medical residence conference that many still have not heard of Narcotics Anonymous. We believe these continued cuts in public relations efforts will affect an addict's ability to find recovery in NA.

Workshops, developmental trips, and cooperative public relations activities generate enthusiasm in communities and strengthen our infrastructure. A decrease in these activities affects our ability to carry the message to the addict who still suffers. NAWS is at a critical juncture. We have steadily grown to the point where hundreds of thousands addicts now find freedom from addiction worldwide, and now we find ourselves wondering whether we will be able to continue to provide these services to ensure no addict seeking recovery need perish.

Another place we have instituted changes is in our shipping costs (the first such changes in ten years). We have been losing money on shipping for years, and given our current financial state, it seemed only responsible to raise shipping charges. We aimed this increase, which took effect 1 April 2009, to have shipping charges and shipping revenue break even, and we are starting to see the benefit of this change already.

We are also looking very closely at publications and thinking about how we can cut costs there. We have been studying *Reaching Out*, *NAWS News*, and *The NA Way Magazine* and seeking ways to eliminate costs. We reported a 25 percent increase in costs from 2006 to 2008 for conference publications, which is primarily due to translations and distribution costs. For 2009 we were able to reduce our expenses for *NAWS News*, but still spent more than budgeted for *The NA Way* as distribution charges continue to climb. NAWS has been advocating for electronic distribution of publications for a conference cycle, yet many members and groups seem reluctant to give up the paper copy. We are also reviewing our production and distribution policies to see if we can economize. For instance, we distribute an average of 42,000 paper copies of *The NA Way* each issue. We are mandated by policy to send one copy to each registered group, but we are questioning if such a mandate is a responsible use of our funds. Do members read the publication? Is the envelope opened, or is a publication placed on a literature table that many members ignore? Does the paper copy ever make it past the ASC PO boxes where so many of these copies are mailed? We do not have the answers for all groups in all countries, but we know that in many cases, these issues go unread. Many never reach the group at all. These are the types of questions that we ask ourselves as we consider publications and distribution practices.

And, with the 40 percent for translations and distribution of non-US *NA Ways*, we wonder whether our efforts are valued and what languages really need to be translated. We have not reviewed this particular aspect of publications in over a

decade, and now seems like an optimum time to examine our publication practices. We plan to discuss these types of publications issues at the conference. We would like permission to see if we can cut costs by making some changes to our automatic distribution policy, for instance, before making hard and fast alterations to policy. It's possible we may have more ideas by the time the conference comes or that we may think of other things we can try after WSC 2010. We will open this conversation with conference participants so that we can make sure the conference agrees with this direction before moving ahead. We are doing what we can and we need members', areas', and regions' contributions to quell this downward spiral.

One of the more controversial ways we have made changes to recoup our expenses was to institute a change in pricing at WSO-Europe.

Years ago we set our literature prices based on the dollar-euro exchange rates each month to ensure the availability of literature in Europe. This practice no longer makes sense; all expenses at the European office are in euros, and there are additional expenses in Europe with the VAT (value added tax), which is not incurred by NAWS in the US. We should have changed our policy when the majority of WSO-Europe customers moved to the euro but we did not, primarily because we had the financial means to not have to consider this change. After listening to European members and communities, we modified our initial proposal so that what took effect on 1 July 2009 represents a less dramatic increase than our initial plan. We want to see the effect of this change before pursuing the idea of standardized pricing in Europe any further. We have kept the discount policy for WSO-Europe that is much more advantageous to small customers than our policy in North America. We can no longer operate on a faulty business premise; we realize our decision was not popular, but it was one that was long overdue and needed to be made.

Another money-related topic that has generated some buzz in the fellowship is the world convention and losses we incurred. For members who have no information and have not formed an opinion, we would like to recap how San Antonio incurred a loss and how we projected a loss for Barcelona. Our past practice has always been to estimate ("guesstimate," even) the number of attendees at a convention; in other words, we planned for members who did not pre-register. The number of members who did pre-register was taken into account, and we would estimate for a percentage increase onsite. We were sadly mistaken in our estimates for San Antonio. By the time we realized that this convention was not going to include as many members as projected, we could not get out of contracts that had been signed years in advance. The substantial loss in San Antonio was a rude awakening, one that has us moving toward pre-registered attendees only. To predict unknown quantities is irresponsible; we can no longer afford this practice. We understand that some members tend to wait to purchase registration onsite, yet San Antonio taught us the hard way that planning is the key to success.

How do we stem the rising costs of *NA Way* distribution? Should we discontinue automatic distribution of paper copies of *The NA Way* to groups? What else should we try?

As we have previously reported in *NAWS News*, Barcelona was a different story. We projected our expenses would exceed our income from the outset for that convention; in fact, we have operated on that premise for all world conventions outside the US. We are a worldwide fellowship, which was clearly demonstrated in the geographic countdown in Barcelona; yet the thousands of members who usually travel to world conventions in the “lower 48” US states were absent. We have no idea what affect the global economic downturn had on attendance in Barcelona, but we can reasonably speculate that it may have had some effect. We are happy to report that WCNA 33 was actually very close to the financial picture forecasted and approved at WSC 2008. We will have more detailed figures available soon.

The fact is that these tough economic times present a particular kind of challenge for us. We are in a different position from many organizations or companies. NAWS has a spiritual mission to fulfill and is governed by principles in line with that mission; we cannot simply offer products or cut services to generate revenue with every downturn. We need to review business practices because we function in a business environment with production of literature, shipping those goods, and renting facilities and distribution centers; yet our mission is spiritual.

We are always motivated by the desire to more successfully carry the message to the addict who still suffers. To fulfill that spiritual mission, we rely on the contributions of members, addicts who have found freedom and who are living productive, responsible lives. Through self-support, we are free to focus on our singleness of purpose. But self-support means more than just supporting your meeting or even your area; it means supporting NA, helping those most in need, including those hardest hit by the economic downturn. We have an expectation that those who have resources will help support those who do not; that’s in line with our spiritual principles. Carrying the message through literature, for example, is easier in some parts of the world than others. The number of people and communities who don’t have resources has increased, placing more pressure on those who do have them. More and more demand is coming from communities that have limited resources, compelling those of us who do have resources to give more.

In keeping with our mission to support the fellowship’s primary purpose, we have continued to provide free and subsidized literature. Many of us recall how receiving our first Basic Text inspired us to believe that recovery was now possible. Similarly, those communities that received literature donations have more hope for recovery and are better able to carry the message. NAWS has provided over \$750,000 in free or reduced literature in the 2009 fiscal year alone. That figure is an all-time high for NAWS, in part because we gave away the Fifth Edition Basic Texts we still had in stock after the release of the Sixth Edition. We expect we will not drastically reduce this literature figure in the upcoming fiscal year, but will help to keep it from further escalating with the expansion of local printing efforts.

We are continuing to seek ways to decrease costs. Yet, when all the excess is trimmed—up-to-date, sound business practices implemented and day-to-day costs contained—we are threadbare. It’s hard to find any more places to cut. With such a gloomy picture, you may be wondering: Where is the hope? Fortunately, hope is one principle that we always have a supply of in NA. Hope lies within each and every one of us. We came into NA hopeless; our lives were unmanageable. In our process of recovery, we came to believe that there is hope for us as long as we do not pick up

that first drug. And there is hope for our fellowship and service efforts, too! Together we can get through any tough time and prevail. We know this from our personal experience. Even with scant resources, when we unite our efforts, we can carry our message of freedom from active addiction to the farthest, most desolate corner of the world—so that one day, in our future, every addict in the world has the chance to experience our message in his or her own language and culture.

## Literature

Given the economic situation that confronts so many of us at all levels of the service structure, it's perhaps an apt time to present two new pieces of literature about self-support. This CAR also includes a revision to *In Times of Illness*, and an update on our ongoing literature project, "Living Clean". There continues to be much going on in literature development at world services, and as the regional motions evidence, not everyone is satisfied with the process as it currently exists. After the updates about our various literature projects, this section of the CAR closes with an essay about literature development. It is past time to talk together about how to improve the methods and timetables we use to put together literature. We may never come up with a system that satisfies everyone, but we surely can come up with a system that improves upon what we have.

## Self-Support

This project was developed in response to the fact that our existing materials on the topic of self-support haven't shown a great deal of success in affecting the ways members participate in funding NA services. The two current informational pamphlets, IP#24, "*Hey! What's the Basket For?*" (initially published in 1988) and IP#25, *Self-Support: Principle and Practice* (initially published in 1998), have consistently been among the least distributed of all our informational pamphlets, which would suggest that they aren't very useful to members. Many members continue to contribute the same amount of money in each meeting that they gave years or even decades ago, and most groups are still unaware of the fund flow model suggested in IP#25 that involves contributing directly to each level of service.

Ensuring a consistent flow of funds to all levels of the NA service system has rarely been easy for us as a fellowship. All of us as members can tell stories of service bodies that are unable or challenged to do some of the things they would like to do to more effectively carry the message, whether that is hanging bus posters, bringing books to institutions, or sending a delegate to a zonal forum. For as long as we have been engaging in the process of fellowship issue discussions, communities worldwide have pointed out funding services as an issue of ongoing concern. It isn't clear whether this is because members simply make minimal contributions as a function of habit, or because they do not see value in the services provided by the NA service system, or more recently, because of changing economic times. Our hope is that these new self-support pamphlets, *Funding NA Services* and *Money Matters: Self-Support in NA*, will help to change the way the average member thinks about self-support and individual contributions, and to encourage groups to contribute directly to each level of service for a more stable fund flow that better covers the cost of services.

### **Work This Cycle**

The board put together the Self-Support Workgroup not long after the last conference. The group was small but diverse—and effective—with six members from three continents. This was the first time we had a workgroup member from Africa (Egypt) and the first time we used a nonboard member as point person (a member of our Business Plan Workgroup), an "experiment" we consider very successful. The group met three times, twice in 2008, to work on drafts of the pamphlets.

The review and input period for this project took place in early 2009, and we received sixty-nine pieces of input in response. Among the known sources, we received input from nineteen states in the US, and from a total of five countries outside the US: Australia, Canada, New Zealand, South Africa, and Turkey. The input numbers were a bit lower than we might have hoped for, but we know that plenty of people did read the drafts. *Funding NA Services* was downloaded a total of 644 times, and *Money Matters: Self-Support in NA* 432 times. Perhaps unsurprisingly, a small segment of the input seemed to reject the principle behind the drafts altogether. It seems some of our members still consider it “wrong” or unprincipled to focus on the financial aspects of self-support. This sentiment was relatively limited, and largely the input contained information that helped to improve the pieces. The workgroup met a final time in 2009 to incorporate the fellowship input, and we are confident the approval drafts are significantly improved.

### ***What's in the Approval Drafts***

There are two IP approval drafts included as addenda to this CAR. The first, *Funding NA Services*, which is focused around four main graphics, is meant primarily as a short, easily understandable resource for groups. This pamphlet aims to reach groups with the message that contributing directly to each level of service is necessary for the stability and long-term viability of NA services. In support of that message, the graphics illustrate some of the services that are supported by contributions to each level of service. If groups change their contribution methods, they can help to bolster efforts in each of these areas.

One of the graphics is a pie chart that illustrates a model for group contributions to each level of service. Those of you who are familiar with the existing IP#25, *Self-Support: Principle and Practice*, may notice that this chart depicts one of the three models proposed in that IP: the 50/25/25 model. We talked about possible fund flow models quite a lot in both the board meeting and the workgroup meeting, and after much discussion, the 50/25/25 model seemed like the best ideal. In terms of the percentage donated to NAWS, this is still a bit more conservative than in other twelve-step organizations; most of the twelve-step organizations we looked at suggest at least a 30 percent contribution to their world levels of service. We did make sure to clarify that this model is simply one possible method by including text to that effect alongside the graphic.

The other approval draft is a longer, textual piece entitled *Money Matters: Self-Support in NA*. As the title suggests, this piece is not meant to be a comprehensive examination of our Seventh Tradition or of the principle of self-support in NA, but instead deals with the topic of how we fund the services that help us to carry our message. The piece also points out that individual contributions from members are not the only source of funding for NA services, but they are the primary focus of the piece. There are other places in our recovery literature and service materials that we can go to for information about the Seventh Tradition and other related topics. The purpose of this pamphlet is to raise awareness and understanding of each member's personal role in supporting NA services, including some discussion of how doing so enriches our recovery.



The workgroup met a total of three times. There was a ninety-day review and input period from 1 March through 31 May 2009, and the workgroup considered ninety-three pieces of input received from regions, areas, groups, and individual members. While the amount of input was relatively thin, the review draft was downloaded 1,057 times, so we know plenty of people read it. We even received input from a few nonaddict medical professionals who work with addicts. The input was overwhelmingly positive, and the ideas and experiences collected from the fellowship input helped further improve the draft.

***What's in the Approval Draft***

The revised booklet was drafted using the original as a framework. Nothing was removed; things were only shifted and updated. Like the original, the revised *ITOI* is divided into sections to assist the member who has a specific challenge. Some points are restated throughout the booklet because we know some will want to read one section exclusively, while others will read the booklet in its entirety. We have included new sections that specifically address mental health issues, chronic illness, chronic pain, terminal illness, and supporting members with an illness. Additionally, the booklet has updated and expanded material in the sections devoted to members' informing healthcare professionals of their addiction, medication in recovery, and emergency care. To support the experience contained within these sections, we added quotes from members and from the Basic Text and *It Works: How and Why*.

Illness and injury are a fact of life in recovery, and this resource needs to remain current in order to be viable and reach the addict who still suffers. Suggestions in this booklet are based on a wide range of experiences of many addicts who are recovering in NA. It is not intended as a substitute for medical advice, or as an alternative to working with a sponsor.

Our hope is that this piece will become a more useful supplement to the relationships that support us in recovery: a sponsor, informed medical professionals, an NA support group, and a Higher Power of our own understanding. Health problems are personal and each situation will differ depending on the individual. What we offer here is simply the experience, strength, and hope of many members who have faced illness and injury during their recovery in Narcotics Anonymous. We are pleased to present a revision that we feel meets the current needs of the fellowship, while honoring the timeless message of recovery found through the Twelve Steps of NA.



**Motion 4: To approve the revisions to *In Times of Illness* contained in Addendum C.**

Intent: To revise and update *In Times of Illness* to better reflect our current experience.

Financial Impact: The cost of creating this material has already been incurred as agreed to by passage of the targeted literature project plan at WSC 2008. The only additional costs that will be incurred by adopting this motion are production and translation costs of the revised booklet.

Policy Affected: This motion would replace the existing version of *In Times of Illness* contained in Addendum E.

## “Living Clean”

“Living Clean” is one of the four-year projects approved at the last conference (Service System being the other). And so, as of this writing, we are a bit past the midpoint for this project and will be giving a progress report here in the CAR and talking about some of the new ways we’ve tried to engage the fellowship in creating this piece.

The idea for a book of this nature was on the WSC Literature Committee’s work list for many years prior to the restructuring of NAWS in 1998, and subsequently the idea remained on the “to do” list. Fellowship response to literature surveys in 1999 and 2002, as well as the input received during the revision of the Basic Text, made it clear there was an ongoing need for a book that focuses on just that—living clean, our daily lives as recovering addicts. As we reported in the 2008 CAR: “This kind of project [can] enable us to address many of the topics members have asked for literature about: relationships, grief, parenting, working, and so on.”

One of the objectives in our strategic plan is to “make the NA message available and relevant to a widely diverse membership and potential membership.” The “Living Clean” Project attempts to meet that objective by creating a book that speaks about the many varied aspects of our lives in recovery—from dealing with our physical selves to living spiritually. As the Basic Text points out, “Our disease involved much more than just using drugs, so our recovery must involve much more than simple abstinence.” Some members have described this book as picking up from Chapter Ten in the Basic Text, “More Will Be Revealed.” At this point in the recovery experience of our fellowship, more *has* been revealed, and it’s time we offered that experience to our members.

### ***Work This Cycle***

After WSC 2008, we formed a workgroup comprised of ten members representing a wide cross section of experience, cleantime, and geography. By the time the WSC 2010 is in session, the workgroup will have met eight times. Our initial meetings helped to draft the outline for the book and established the topics to be covered in each of the chapters. Since then we have gotten to work drafting the chapters, and we are excited about the results so far. Those of you who have seen the outline know that we hope to cover many topics that have been on the fellowship “wish list” for literature for a long time: relationships with others, our own relationship with success, aging, and the journey of recovery.

In June 2009 we released the outline, Chapter One, and Chapter Two for fellowship review and input for 90 days. We distributed more than 1,100 copies of the drafts (830 downloads and 367 mailed), and we received 103 responses ranging from word choices (change “but” to “and”) to conceptual concerns regarding the use of jokes or anecdotes within the material. We belatedly realized that our presentation of the outline was potentially misleading to some people—we intended it as a list of topics to be covered in each chapter, not necessarily in order. Even so, the input we received was useful, and we have reorganized the chapters as a result. Thank you to those who took the time and energy to read the material and give input. You have helped to make a book that is more reflective of us.

### ***Innovations***

That said, the best time to affect the contents of a new piece of literature is in the beginning stages of a project, before the draft has been written and before the review

period. Recognizing that, we have attempted a variety of ways to gather more input for “Living Clean” in these early stages. We have tried to open the doors as wide as possible to any member who wishes to contribute material to the book, and we’ve made regular announcements in *NAWS News* and *The NA Way Magazine* highlighting the opportunity for involvement.

At the beginning of the project we distributed an announcement that invited members to contribute to the project by sharing with us about three general topics: Turning Points, Obstacles, and Growing in Recovery. This was sent out in *The NA Way* and also as an email that was forwarded to members who might not otherwise come across the announcement. We tried something new and set up an online survey system members could use to respond and share their experience, strength, and hope with us. All told, we received 947 responses (888 in English and 59 in Spanish). This material provided a springboard for the drafting of the book, and we are still using some of the experiences shared through that online survey as source material.

In addition to the online survey, we have been utilizing a discussion board, open to any member of the fellowship, to generate source material for the drafting of the text. You can access the board from the link on the project page: [http://www.na.org/?ID=Living\\_Clean\\_Project](http://www.na.org/?ID=Living_Clean_Project). The discussion board went live in February, and by the end of September we had over 460 members, with more still joining the board. The topic outline is posted at the discussion board so that members can share about the subjects we are planning to cover in each chapter. At times discussion has been lively regarding particular topics. Perhaps predictably, the relationships chapter has been the most lively, covering topics including parenting, dealing with aging parents, marriage, friendship, commitment, and more. The discussion board will remain open throughout the course of the project. We encourage everyone to join the discussion there so that the book can best reflect our common experience of living clean.

### ***What’s Next?***

We have two more rounds of review and input for this project. The next review and input period will take place in early 2010 (most likely April). This release will include three chapters tentatively titled “Living Spiritually,” “Our Physical Selves,” and “Relationships.” The final round of review and input will occur later in the year and will contain the final two chapters and the introduction. The project plan calls for a minimum of 90 days for the review and input process, and this was the timeframe spelled out in the project plan at WSC 2008.

All of the revisions need to be completed so that the book can be released in approval form in April of 2011, as called for in the literature approval process in *A Guide to World Services in NA*. The 2006 World Service Conference passed a motion to release book-length pieces at least a year prior to their being voted on at the conference, and we have taken that necessity into account for this project. But the need to examine the process by which we create literature, including the timelines mandated by our policies, is clear—more on this topic in the pages following.

## Literature Development Process—Where We’ve Been and Where We’d Like to Go

There are countless differing opinions about how to improve our literature development processes in NA. It may be that the only thing we can all agree on is that we have not yet found the ideal system. We have come a long way in our fifty-plus years as a fellowship, but we know that there is plenty of room for improvement.

Over the years, there have been a number of attempts to improve the system, such as some of the regional motions in this *CAR*, but we have not taken a holistic view of the system and asked what changes should be made. Members keep trying to fix various pieces of the process, and that sort of approach is at best a band-aid for some of our current problems and at worst has unintended negative repercussions. We’ve been trained, through our strategic planning process, to think about things in terms of need. If we ask, “What is the need that has fueled the motions about literature process in this *CAR*?” the answer seems to be the desire for more participation and more timely communication.

Certainly, we have tried a number of ways to increase involvement by a broader segment of our population over the last eight to ten years, with varying levels of success. Conducting literature surveys, hosting workshops, and developing session profiles for local trusted servants to conduct their own literature review sessions are just a few of the steps we’ve taken to make the process a more inclusive one. Contrary to our hopes, however, some members have become alienated even through their experiences participating in the review and input process.

When members send written contributions to a literature project, they at times expect that they will see that suggestion or piece of experience, in exactly their words, reflected in the final product. It’s impossible to fulfill those expectations for everyone. For one thing, so much of the input we receive is contradictory. One piece of input will say, “How could you possibly include that?” and another will say, “Thank you so much for including that!” For another thing, such a small proportion of our membership participates in review and input that it’s impossible to determine what might actually represent the will of the fellowship. The best we can do is to regard all input equally as food for thought. As we mentioned in the previous section about the “Living Clean” Project, review and input is not the only and perhaps not the ideal way to affect a draft. Participation in the earlier stages of literature development allows members a greater opportunity to shape the final outcome.

We are continually trying new ways to involve the fellowship earlier in the process. We tried an online survey at the beginning of the “Living Clean” Project to generate front-end input for the book. Almost three times as many people participated as the number of people who provided input during the review and input period for the Basic Text Project. Similarly, more than twice as many people submitted stories for the Basic Text Project as provided input during its review and input period. This would seem to suggest that it is possible to find successful ways to involve members earlier in the process. Another tool we are using in “Living Clean” is discussion boards to encourage members to share on the book’s topics. We know we haven’t done all we can in this area. When the “Living Clean” Project comes to a close, we will be better able to assess which parts were more successful and which were less. In addition to keeping what works well, these lessons will help us decide what else to try.

We are continually challenged to balance the need for involvement with the responsible use of our resources. Any literature project that spans more than one conference cycle is bound to consume a great deal of NAWS' time and energy. With international involvement, a four-year book-length project has direct costs of about \$400,000. To extend the process beyond four years would result not only in increased costs, but also a greater strain on our human resources: Doing so would require that we keep the conference, the World Board, and a workgroup focused on one topic for at least six years. This is especially difficult in a system where trusted servants often turn over every year or every other year. Furthermore, a major project draws resources (money and people) from other possible projects or efforts.

We already have difficulties responding in a timely manner to fellowship requests for literature covering various topics. Some members have expressed that we "already have enough," and we heard that opinion from a few participants at WSC 2008, but it did not seem to be something that had broad support. The fellowship, in general, continues to ask for new pieces, topics, and areas of focus for NA literature. We have enough fellowship-generated ideas and requests for book-length pieces, booklets, and IPs to keep us busy for many years. If we hope to respond to these expressed needs, we need to have a literature development process that is responsive.

A particular difficulty we face in implementing a responsive system of literature development comes in the form of some of the folklore surrounding the way our existing literature was developed. In our earliest days, before the first World Service Conference, NA literature was written by a handful of members, and helped to provide the basis for core NA principles that we continue to hold dear today.

By 1980, the conference was meeting for the fifth time, and a world literature committee existed for the purposes of creating and revising NA literature. At that conference, a motion was made and approved that material for fellowship review be sent out 60 days prior to the conference. It is helpful to keep in mind that what is referred to here as "fellowship review" is akin to our current approval-form literature. Chapters One through Ten of the Basic Text were released earlier for review and input in what we now know as the "gray form." Input received was reviewed and responded to in literature workshops. [Note: This paragraph has been revised since this CAR was first printed. The original text was inaccurate.]

In 1982 and 1983, the fellowship approved not just the Basic Text, but also the most comprehensive NA service handbook that had been developed up to that point, followed by a dozen new IPs. In terms of the Basic Text alone, Chapters One through Ten were released to the fellowship in November 1981, followed by the personal stories in February 1982, and the book in its entirety was approved three months later at our seventh World Service Conference in May 1982. In the decade that followed, our fellowship saw the publication of five editions of the Basic Text, along with ongoing stops and starts with work on a steps and traditions book. Ultimately *It Works: How and Why* was approved nearly unanimously at the 1993 World Service Conference, after a decade of work on the book.

Contrary to NA's apocryphal history, each of NA's books has had a radically different review process and timeline, none of which has been ideal. *It Works: How and Why* was sent out in overlapping stages for six-month review periods. *Just for Today* did not have a general review open to everyone. The text was sent out for a 60-day review to four

different “review panels.” Each review panel received a quarter of the pieces. *The NA Step Working Guides* were sent out in three stages, each of which was around 60 days.

<b>Literature Development Timelines for NA Books</b>				
	<b>Review and Input Process</b>	<b>Input Received</b>	<b>Approval Period</b>	<b>Approved</b>
<b>Basic Text</b>	“Gray Form” was R&I draft.	Records not available.	6 months: chap 1-10 90 days: personal stories	1982
<i>Just for Today</i>	60-day review; four review panels reviewed 90 entries each.	168 pieces from review panel; no open fellowship review.	90 days	1992
<i>It Works: How and Why</i> (current version; prior draft failed at WSC 1987)	Four R&I batches, 6 months each: Steps 1-6 & 7-12; Trads 1-6 & 7-12. (Step and Tradition periods ran concurrently.)	582 pieces total received for four separate R&I batches.	First half mailed Sept 1992 (6 months), 2nd half Dec 1992 (<150 days).	1993
<i>Step Working Guides</i>	Three 60-day review periods, each covering material on four steps.	Records not available.	90 days	1998
<i>Sponsorship</i>	Outline and first chapter sent out for 90-day review.	98 pieces	Policy mandated 150 days; actual approval period: approx. 9 months.	2004
<b>Sixth Edition Basic Text</b>	6 months	350 pieces	Policy mandated 150 days; actual approval period: approx. 6 months.	2008

In short, there was never really a time when NA literature development was fully communal and cooperative with longer periods of time to develop and input pieces. Although we say that our system of literature development is still flawed, we do believe we have come a long way in opening up the process to members who want to participate. With the technological advances that have been made in the last two decades, we have gained the ability to communicate and collaborate much more quickly and effectively. Still, for how time-consuming and labor-intensive our current review and input process is, it doesn’t seem to involve most people, even those who have an interest in literature development. There are nearly 55,000 NA meetings

worldwide each week, but during the Basic Text Project, we distributed over 7,500 copies of the review and input draft (2,009 downloads and 4,493 paper copies), and we received only 350 pieces of input.

The figures are even more dismal for the Self-Support, *In Times of Illness*, and “Living Clean” Projects: For *In Times of Illness* we distributed 1,421 copies (364 paper and 1,057 downloads) and received 93 pieces of input. For Self-Support we distributed 808 copies of *Funding NA Services* (364 paper and 644 downloads) and 796 copies of *Money Matters* (364 paper and 432 downloads) and received 69 pieces of input. For “Living Clean” we distributed over 1,100 copies (397 paper and 830 downloads) of the first review and input packet and received 103 pieces of input. In all of these cases, we established the R&I schedules and communicated these dates well in advance so members could prepare. For Self-Support and *In Times of Illness*, we were able to release ahead of schedule, meaning that the review period was longer than the required ninety days, which didn’t seem to affect input levels.

Even when we do get input, it rarely seems substantive. Most members, when presented with a draft, are inclined to give input about word choices or how something is phrased (or even how punctuation is used) rather than giving conceptual input about the content of the text. The real goal of review and input is to gather broader ideas about what needs to be included in a piece, and how the ideas might be organized in order to be most effective. But it is very difficult for most people to think in those terms when presented with a completed draft. This challenge is not one that is likely to be addressed by changing the length of review periods; instead it will require a shift in the way members view and approach review and input.

Another attempt to improve the literature development process came in 2006 when the conference considered a motion to extend the approval period for book-length pieces and opted to lengthen it to a year. This effort sprang from a desire to increase involvement, and yet it seems to have been misguided in the sense that the approval period is the least effective place to add time to the development process. By the time a piece is in approval form, fellowship involvement is reduced to giving a “yea” or “nay” on the piece. We have no evidence there is a substantial increase in the number of people who read a piece if it is out longer.

Our real goal for our literature development process is to find ways to increase meaningful participation and genuine fellowship involvement. As we have seen with “Living Clean,” one way to accomplish this may be through online surveys, discussion boards, and other methods to involve members earlier in the process. As far as review and input goes, the challenge seems to be much less about length of the R&I periods than about adequate communication and planning. In this cycle that is coming to a close, for example, we gave six months of warning time before the beginning of R&I periods for Self-Support and *In Times of Illness*, and yet many (most?) areas and regions either were not aware that review drafts would be coming or did not start planning for workshops or other methods of gathering input until they received the drafts. As evidenced by some of the communities that were prepared in advance, when workshops are planned before the R&I period starts, ninety days is not unreasonable to read and give input about a text, whether individually or as a group or committee.

We have taken small steps to increase general awareness of upcoming dates and important deadlines, such as adding a single-page list of highlights at the beginning of

NAWS News to draw attention to project updates. As with all communication-related challenges, seemingly, we know we have a ways to go, as a fellowship, to improve. Our hope is that discussions at this conference may lead to other innovations to help improve our literature development process, particularly by giving delegates a chance to share ideas and best practices related to keeping local members informed and aware of what's ahead. One thing is clear: We need to have an open and frank discussion about our process of literature development, rather than continue to make minor and major changes to the existing system, which hasn't been discussed by the conference in over a decade.

As it stands, our policies seem to hinder us at least as much as they help us. We are unable, for instance, to make necessary updates to fellowship-approved literature without involving the entire conference and fellowship through the CAR. *The Loner* IP, for example, references a periodical, *Meeting by Mail*, that we have discontinued, yet we have no way to fix this outdated reference without including a draft of the piece in the CAR. We need a mechanism to make a housekeeping change so that we don't need to send every such correction or update out for review and input and approval in the CAR. Similarly, the *Additional Needs* IP makes a reference to "cassette tapes," that would be better changed to "recordings" or "CDs." The fellowship as a whole doesn't seem to care if we correct this sort of thing as part of our ongoing production process, but we are bound by our policy to put these items in the CAR. We bring this up to begin a conversation. We have no plans to bring any motions in new business regarding literature development, but we would like to start a conversation.

We hope you will have a chance to talk over these issues with your local communities and bring your ideas to the conference. We look forward to talking further there.

## Issue Discussion Topics

The three Issue Discussion Topics for the 2008–2010 cycle were Leadership; Communication; and the theme for the conference cycle, Our Freedom, Our Responsibility. All of these topics build on subjects we have been discussing during conference cycles prior to this one, yet somehow our success with these IDTs was minimal compared to topics such as Building Strong Home Groups in 2006–2008 or Our Public Image in 2004–2006, to name just two topics. Perhaps these topics didn't generate real enthusiasm in the fellowship this cycle because they had been discussed for so long and we didn't offer a new enough approach. Perhaps the fact that we didn't have a topic focused on group-level concerns made IDTs in general less popular this cycle.

In any case, we will not be offering questions about the IDTs in this *CAR* as we have since 2004. In previous cycles, the results of our Issue Discussion Topics have led to the Building Strong Home Groups Worksheet, service pamphlets, and leadership modules. At this point, however, we have no logical next steps for two of the three IDTs—Communication and Our Freedom, Our Responsibility—and it seems like including questions would be close to “busy work” for delegates, who are busy enough already. We hate busy work!

### Leadership

Leadership has been a focus and ongoing topic for us since it was an IDT in 2004–2006. One of the conclusions we came to from our earlier discussions on leadership qualities was that we could benefit from a fellowshipwide discussion on leadership principles. It was hard to talk about leadership identification and cultivation without a broadly understood foundation.

And so, at the 2008 WSC, we had a session devoted to leadership, and after the conference we broke that workshop outline into two simpler sessions and distributed them for use throughout the fellowship. The workshops focused on some of the principles of the program, related those principles to leadership, and discussed how they are applied in leadership roles. Even after simplifying the sessions, we still have heard that they are fairly complicated, but we know they have been used throughout the fellowship and we are ready in this upcoming cycle to take the next steps with this topic.

We don't need to ask questions on the topic here to know that the fellowship needs new tools related to leadership. We hope in this upcoming cycle to develop some new leadership orientation materials for use at all levels of the service structure. We've seen benefits from our ongoing emphasis in this area and we hope to continue it.

### Communication

Communication is another area that we prioritize for attention regularly but in which we don't always seem to know how to make progress. This cycle we talked about what is working and what needs improvement in our communication chain. While there is a lot that is working well in our workshops, service meetings, and online communications, our communications still break down at every level of our service system.

Our trusted servants are expected to synthesize and report large amounts of information without any real tools to make that task easier. We are beginning to imagine alternatives for service delivery in the Service System Project. For instance, can we take some of the burden off of our delegates and representatives and make more of an effort to have information available, especially online, to whoever wants to access it? Trusted servants may not always know what salient points to report, but perhaps online standardization of information delivery could obviate some of the need for them to do all of the reporting. No matter how we've imagined new systems, structures, and tools, however, there is still a huge responsibility for delegates, RCMs, and GSRs to communicate much information. The new tools we hope to develop related to leadership over the course of the 2010–2012 cycle should help. The quality of the trusted servant combined with good training and better tools should make for improved communication. We aren't there yet, but we know that's where we need to be.

Concept Eight:

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

## Our Freedom, Our Responsibility

*Just for Today* tells us that “The more responsibility we assume, the more freedom we'll gain” (March 22). The third discussion topic for the cycle, Our Freedom, Our Responsibility, which was also the theme of the conference, used that premise as a jumping-off point for questions about exercising our own sense of responsibility in NA and inspiring others to share that responsibility. This was one of the less popular IDTs in recent years, but to the degree that it was discussed, members talked a lot about their personal actions and motivations. That's to be expected since we are trained, to some degree, in NA to focus on ourselves and think of responsibility in terms of our individual action, and since the Issue Discussion Topic questions themselves encouraged members to think about personal responsibility. But the question about how we can jointly exercise more responsibility remains largely unanswered. What we know is that we need to do more. Our resources are stretched thinner than ever before. It is our joint responsibility to see that Narcotics Anonymous has “universal recognition and respect” and that addicts everywhere have access to the freedom from active addiction that we, as members of NA, have. We need to do more to realize Our Vision, Our Future.

## Looking Ahead

As always, the CAR marks the end of one conference cycle and the beginning of the next. And so we have been preparing approval drafts for this conference and writing progress reports summarizing our work over the past two years, but at the same time we have been looking forward and thinking about the road ahead. Perhaps most notably, we have a couple of ongoing projects—“Living Clean” and Service System.

There are two more review periods for “Living Clean,” one of which should be underway when the conference takes place. The approval draft of the book will be published in April 2011.

The discussions we will begin with delegates at WSC 2010 about alternative options for service delivery and possible models for WSC seating will continue throughout the conference cycle. As much as any work we have undertaken in the past decade, this project will need to be understood and supported by the fellowship as a whole. Depending on the results of our discussions at the conference, you can expect to hear much more about the Service System Project in the cycle ahead.

The Conference Approval Track material focuses more exclusively on the cycle ahead, containing, as it does, the budget and project plans for the years ahead. Among the additional projects we are hoping to undertake this cycle are public relations roundtables with medical professionals and the development of leadership orientation materials, and we hope to begin work on an up-to-date events handbook. NA conventions use so many of our human and financial resources and we have no handbook to guide local communities and help them be prudent and responsible. This is one of many service tools that are long overdue.

We also hope to have tools in this cycle (perhaps as soon as this conference) to help you in planning and carrying the message on a local level. We would like to simplify both the Building Strong Home Groups Worksheet and the Area Planning Tool. We have heard from many that these tools are wonderful in theory but difficult in practice to use on a group or area level. In addition, we would like to develop a tool to help with an “environmental scan” on a local level, a part of our planning practice that collects information about factors in and outside of NA that might affect our ability to carry the message. We know that the more we can take on a culture of planning on a local level, the more successful we will be in our service efforts throughout NA.



tangible item marking that milestone. By having them produced by NAWS, the impropriety of a “rogue” novelty item is removed, and at the same time, will provide revenue from the sale of this item to our fellowship. As the last fellowship survey indicated, the decade(s) clean milestone to be primarily an English speaking milestone, we thought it prudent to start production of this item in English only.

World Board: See the explanation for Motion 6.



**Motion 6: To add purple key tags for multiple decades of clean time to the NAWS inventory.**

Intent: To give recognition to addicts celebrating decades of clean time; at this time there is no key tag to reflect multiple decades of clean time.

Maker: New Jersey Region

Financial Impact: None

Policy Affected: The dye costs for a new keytag are minimal. The cost to NAWS comes from producing the items in bulk, warehousing the item in four locations, and managing the inventory.

Rationale by Region: We are growing as a Fellowship, and now have many members with multiple decades of clean time. Celebrating that through the giving of a key tag would serve as an inspiration to everyone.

World Board: Over the years, we have received many ideas for keytags and medallions including medallions for less cleantime, keytags for decades and multiple decades clean, for being a GSR or trusted servant, for leadership, and a keytag stand or tree. It is hard for us to know where to draw the line or what items represent a significant desire on the part of the fellowship. At times, we have tried to satisfy requests for inventory items in order to prevent regional motions, and then found those items we produced in response to not be very popular. We still have examples of this sitting in our warehouses. Besides the production costs associated with creating these items in bulk, we also have costs to keep these items in our limited warehouse spaces in multiple branches and keep track of the inventory each quarter. This does not seem to be a prudent use of resources if there is no real fellowship demand. In this case, we wonder whether the need or desire for a decades or multiple decades-clean keytag may be sated given the large number in distribution already.

Of course, if there is a need in the fellowship, we can produce these items. What we would like, however, is not to deal with this in the form of a motion but for the fellowship to let us know what inventory items they wish us to carry for keytags. The conference has repeatedly reaffirmed the idea that production issues related to literature, keytags, and medallions should not be decided through the CAR. We would prefer these types of issues be sent directly to the World Board, but we also know that we do not have a good mechanism to assess fellowship desire. We welcome your ideas on how we can improve this part of our communication process.

We would rather not take a piece-at-a-time approach to production of keytags, but talk together about how to best satisfy the needs of the fellowship. The issue of language, for instance, plays a part in these sorts of decisions. We produce keytags



and the LAZF establishing the review and approval body for Spanish-language translations seems to be working. We simply ask that they retain the ability to set priorities for the next pieces of literature to be translated or produced in Spanish and that all requests and ideas be channeled through them.



**Motion 8: The World Board is directed to develop a project plan for presentation to WSC 2012 for a Traditions Working Guide.**

Intent: The intent of this motion is to give the conference the ability to consider prioritizing this guide as a future literature project.

Maker: California Mid-State Region

Financial Impact: There is minimal cost in creating a project plan. The cost to NAWS would be in the project itself if the plan were adopted by the WSC.

Policy Affected: None

Rationale by Region: The purpose of this motion is to make a Narcotics Anonymous Conference Approved written guidebook available following the style of our existing *Step Working Guide* and as a companion piece to *It Works* that our members can use when they work the Traditions of Narcotics Anonymous with their sponsor. A growing number of members seem to have a desire to “work the Traditions” after they have written their Twelve Steps.

World Board: *Our recommendation is not to adopt.* We have not surveyed the fellowship about literature needs in more than five years (not since 2002), so the results of our last survey may no longer be accurate. That said, the top responses then were literature about relationships, something about spirituality, and something focusing on recovery in day-to-day life, a topic that the “Living Clean” Project addresses. We do not see a Traditions workbook as a priority at this time.

We hope to have some discussion about the literature development process at the conference. Any ideas about our next priorities for literature creation or revision after “Living Clean” would probably be best discussed in the broader context of a holistic discussion about literature and our literature needs.



**Motion 9: To direct the World Board to develop a project plan, for presentation to WSC 2012, to revise *Just for Today: Daily Meditations for Recovering Addicts* by replacing the thirteen quotes (and meditation passages if necessary) that were taken from the Fifth Edition Basic Text and *Youth and Recovery* with current fellowship approved NA literature.**

Intent: To allow WSC 2012 to consider prioritization of this recovery literature project.

Maker: The Iowa Region

Financial Impact: There is minimal cost in creating a project plan. The cost to NAWS would be in the project itself if the plan were adopted by the WSC.



### Conference Approved

NA Handbooks and service booklets are Conference Approved. This means they may or may not have been sent out for review and input according to the specifics of the project plan presented to the WSC and are always included in the Conference Approval Track material for approval at the upcoming WSC. These pieces tend to convey NA's fundamental ideas about certain areas of service. Both Conference Approved and World Board Approved material is intended to show how to implement or put into practice the principles established by core NA philosophy and Fellowship Approved material. The World Board may decide that some change in Conference Approved service material is so significant that it should be included in the *Conference Agenda Report* but the piece will still be designated as Conference Approved. This has happened in the past with both *A Guide to World Services in NA*, *The Group Booklet*, and *A Guide to Local Services in NA*.

Adopted at WSC 2000, this designation came about partly as the result of years of input from members and groups regarding the types of issues they were being asked to review in the CAR. Establishing Conference Approved material as a separate approval track means that materials intended for committees and boards, such as handbooks or service manuals, are distributed directly to conference participants 90 days before the WSC allowing time for the regional delegates to workshop it in a manner that fits within their local community. The wording for all motions pertaining to the Conference Approval Track material is also posted on na.org at the same time. Each local community can determine for itself how the material will be reviewed and how to direct their regional delegate. As the 2000 CAR explains, "This frees up our members and groups to devote their attention to holding meetings and carrying the message of recovery, without having to ratify every decision made on their behalf at every level of service."

**Rationale by Region:** A Discussion-Based Conference is directly dependent on the quality of discussions that have taken place between the Delegates and the Fellowship prior to attending the Conference. At the WSC Delegates are bombarded with a tremendous amount of information and are expected to make snap decisions, without having time to consider the far-reaching implications. The 6th Concept reminds us that our members bring the spiritual awakening of our 12 Steps directly to the resolution of issues affecting NA. Inclusion of the motions may stimulate discussions that might not have taken place, thus enabling delegates to collect the conscience of those members that have been elected to serve on our Boards and Service committees.

**World Board:** *Our recommendation is not to adopt.* At the last conference, a similar motion was made, "to direct the World Board to include in the CAT the actual language of all motions they plan to make relative to the material contained in the CAT." The motion failed, but it did have some level of support, and we have discussed the idea as a board and tried to engage delegates with this idea beginning with the January 2009 NAWS News. We aren't sure whether posting motions about the Conference Approval Track material will be helpful or not. The Conference Approval Track material already includes a simple-to-copy cover that briefly summarizes all items, and conceptually that cover is perhaps not that far from what this motion is asking for. In fact, us putting this motion into practice simply means turning the bulleted list of items contained in the cover sheet to the CAT into actual motion language which is typically as simple as: "to adopt \_\_\_\_." Putting the ideas on the summary sheet into motion form may actually reduce the amount of information. The strategic plan, for instance, doesn't require a motion and so would not be included in a motion summary, and the description of the items currently contained in the summary would also be lost. We have tried to limit the length of this cover page so that delegates can easily copy and distribute it.

Another downside of this approach is that it seems to put the emphasis on the motions themselves rather than on the ideas that need to be discussed at the time the CAT material is released. The conference has been moving increasingly toward



committees to better understand how the records are used, helping to communicate more effectively through the discussion boards. We hope, one day these records will be available in other languages, translatable similar to *NAWS News* and *The NA Way*.

World Board: *Our recommendation is not to adopt.* This is one of those that may sound like a good idea but in fact is more likely to lead to misinformation and confusion. Workgroups are a delegated body of the board. The board oversees and has authority for all of the projects. We do this by presenting the project idea to the conference, seeking the conference’s concurrence, creating the workgroups, providing them with the scope of their task, and then receiving regular progress updates and reports. NAWS workgroups do not set deadlines or make final decisions about their work. These sorts of decisions and timelines come from the World Board when we meet and consider the needs and timelines of all of the current projects and reporting needed. Currently, meeting records are written to capture discussions in progress and are not a record of decisions and are not worded in a way that would mean much to those not in attendance. The WB does not ask for or receive workgroup records because they are simply a summary of details for the workgroup in their attempts to create some written piece of work. We do not want the workgroups to focus on making their records understandable to others, but prefer that they focus solely on the task they were assigned and on preparing the best possible piece for fellowship review. Even reading the WB minutes would not lead to the ideal that is expressed in this motion.

The relevant information related to deadlines and timelines is already published. NAWS goes to great expense to produce a quarterly update of all NAWS activity following each board meeting. This is contained in *NAWS News*, which is produced in English, French, Portuguese, German, Spanish, and Swedish. All official decisions, deadlines, project updates, the NAWS calendar, and other news are contained in this publication so that as many people as possible understand the same reporting of NAWS activity at the same time. Our challenges do not seem to arise from too little information but rather from challenges in communicating. *NAWS News* began to announce the review and input dates of March to May 2009 for the review of *Self-Support* and *In Times of Illness* in the November 2008 *NAWS News*. This was when the work of several workgroups had progressed to the point where we were certain we could actually be prepared to release this material for review. This information would not have been accurately conveyed in any workgroup records.

Increasing the volume of information—and including along with it much misinformation—would not alleviate the most frequent challenge we hear about from members, including delegates: that they have too much information to process. On the contrary, this seems like a resource-intensive way to make that problem worse.

As we discuss further below, we continue to try new things to improve engagement and communication. We hope to have a holistic discussion about literature development and how to improve our processes and move forward together.



**Motion 12: To add language to the end of the Approval Process for Recovery Material section of GWSNA, page 36, that says, “No more than two informational pamphlets or one booklet or one book-length piece will be out for Fellowship review and input at the same time.”**

Intent: To limit the number of pieces of recovery literature out for Review and Input at the same time.

Maker: FreeState Region

Financial Impact: Since there are so many variables for the impact of this motion, we are unable to determine financial impact at this time.

Policy Affected: This motion would amend the following section of the 2008 *A Guide to World Services in NA*, page 36, Approval Processes for Recovery Material, by adding the language of the motion to the end of #1 under Review Form Literature, as shown as underlined:

**Approval Process for Recovery Literature**

Note: Policies regarding recovery literature are also contained in the Fellowship Intellectual Property Trust (FIPT).

A. Review-form Literature

1. Literature developed by the World Board is sent out for a review period before the development of an approval-form draft. The time and method of this review, considering translations, is determined by the World Board based on the needs of the fellowship and the piece in development. No more than two informational pamphlets or one booklet or one book-length piece will be out for Fellowship review and input at the same time
2. Review-form literature is not for use or display in NA meetings.

Rationale by Region: This motion allows literature projects the individual focus and attention they need to result in quality pieces of approved literature. Releasing more pieces of literature for Review and Input than allowed in the motion can cause literature projects to compete with one another (ie: in 2009, in a single 90-day period we reviewed "Giving It Away" (2 pages), "In Times of Illness" (25 pages) and "Keeping It" (7 pages).

World Board: *Our recommendation is not to adopt.* This motion and the two that follow are part of a much bigger discussion and set of issues about literature development and how to best improve the processes we use to create, communicate about, and approve literature.

The challenge that we have to discuss is how to create literature that allows the fellowship's voice to be reflected and is also something that can be practically developed in the conference cycle system we have. Currently we plan one conference cycle for the creation of an IP or booklet and two conference cycles for a book-length piece. To require two conference cycles and the resultant cost for an IP and at least three conference cycles for any longer piece of literature is not something we believe can be sustained or that really serves the fellowship. We are not trying to sacrifice quality for speed or cost, but the longer time frames have not seemed to result in greater fellowship participation. We would like to discuss what is a reasonable time period for the development of recovery literature and then talk about how to get fellowship participation and how long we need for both review and input and approval.

For this past cycle, the overlap of the review and input period was purposeful. It seemed to be a reasonable approach to try to focus people on one time period rather than overlapping periods with different deadlines. We purposely did not send out any portions of "Living Clean" until the review period for *In Times of Illness* and *Self-Support* were finished. Regardless of how many pieces were out for review and input at

the same time this cycle or the length of the review, we received approximately 100 responses. No matter what we do, the response is low. There seems to be no value in extending the review period. Our challenge as a fellowship seems to be getting the word out with adequate time before the beginning of a review period, not necessarily that there is inadequate time during that period. With advance planning, ninety days seems like plenty of time to read fewer than 35 pages of material and give input. We welcome any thoughts about how to improve communication so that communities and members can plan ahead for review material.

At the same time, the online survey that we tried for “Living Clean” resulted in 947 responses, 59 of those in Spanish. And the online discussion board for “Living Clean” has, as of 1 October, 480 registered members. Similarly, more than twice as many people submitted stories for the Basic Text project as participated during the review and input period. So perhaps this response tells us we need to find ways to engage our members earlier in the process, where the possible impact on a piece of literature is even greater, rather than focusing everything around review and input or approval, where participation is limited to commenting or voting on an already developed draft. We are not certain, but it gives us more information and ideas to discuss together at WSC 2010.

In a two-year conference cycle, the actual time to develop a piece of literature is tighter than you might think. The World Board does not approve the new workgroups and charges for their work until at least ninety days after the conference. Then there is a six-month approval window at the end of the project (one year for book-length pieces), which leaves a little over one year to have a new group come together and create a draft, for the board to oversee that work and its revision, to send the material out for a 90-day review period, and then factor in fellowship input and create an approval draft. The longer the review period, the shorter the time we can devote to development.

We would much prefer to have the conference discuss what our fellowship needs and desires to have for the entire literature development and approval process. Taking a piecemeal approach means we are trying to deal with a system through motions that affect only details of that system. Any one of the ideas contained in these regional motions may seem like something we want, but unless we discuss the entire development and approval system and move forward together, we will not be creating the most responsive and effective process we can to serve our fellowship in the future. Like most things in NA, it is not just one perspective, ours on the board or any single region’s, that will ultimately lead us to the best solution we can find. It is from our collective ideas that we can best move forward.



**Motion 13: To add language to the end of the Approval Process for Recovery Material section of GWSNA, page 36, that says, “Review and Input periods will be at least six months for informational pamphlets and booklets and at least one year for book-length pieces of literature.”**

Intent: To establish a new minimum timeframe for Review and Input of recovery literature.

Maker: FreeState Region



### **Approval Processes for NA Material**

There are three types of approval processes for NA World Services and they are noted on each piece when it is published. Those three processes are called Fellowship Approved, Conference Approved, and World Board Approved. The conference typically establishes the approval process to be used when it approves the project plan at the WSC.

#### **Fellowship Approved**

As covered in the following section on the approval process for recovery literature, all NA recovery material is Fellowship Approved. This means that it is developed by NA World Services, sent out to the fellowship for review and input, and ultimately sent out for approval by the fellowship in the *Conference Agenda Report*. The specifics for each piece of Fellowship Approved recovery literature are covered in the project plan for each piece that is presented and approved by the World Service Conference before work is begun. This applies to all recovery books, recovery booklets, and recovery pamphlets as well as material that establishes or changes philosophical position or NA principles. NA Fellowship Approved recovery material is typically the only thing that is read in NA meetings.

#### **Conference Approved**

NA Handbooks and service booklets are Conference Approved. This means they have been sent out for a 180-day review and input period ~~This means they may or may not have been sent out for review and input according to the specifics of the project plan presented to the WSC~~ and are always included in the Conference Approval Track material for approval at the upcoming WSC. These pieces tend to convey NA's fundamental ideas about certain areas of service. Both Conference Approved and World Board Approved material is intended to show how to implement or put into practice the principles established by core NA philosophy and Fellowship Approved material. The World Board may decide that some change in Conference Approved service material is so significant that it should be included in the *Conference Agenda Report* but the piece will still be designated as Conference Approved. This has happened in the past with both *A Guide to World Services in NA*, *The Group Booklet*, and *A Guide to Local Services in NA*.

Adopted at WSC 2000, this designation came about partly as the result of years of input from members and groups regarding the types of issues they were being asked to review in the *CAR*. Establishing Conference Approved material as a separate approval track means that materials intended for committees and boards, such as handbooks or service manuals, are distributed directly to conference participants 90 days before the WSC allowing time for the regional delegates to workshop it in a manner that fits within their local community. Each local community can determine for itself how the material will be reviewed and how to direct their regional delegate. As the 2000 *CAR* explains, "This frees up our members and groups to devote their attention to holding meetings and carrying the message of recovery, without having to ratify every decision made on their behalf at every level of service."

#### **World Board Approved**

At WSC 2006, the conference decided that the World Board could approve and publish a number of informational pieces. This included revisions to Chapters 10-13 of the *PR Handbook* and the Area Planning Tool, as well as development and approval of service related informational pamphlets and tools. At WSC 2008, Chapters 5-9 of the *PR Handbook* were also made adaptable by the World Board. These service related informational pamphlets and tools contain practical experience gathered from the fellowship about how to apply some of the principles contained in NA Fellowship and Conference Approved material. They are usually the result of the Fellowship Issue Discussions or contain a compilation of material already being distributed to the fellowship upon request, which was the case with the Area Planning Tool.

All service related informational pamphlets, whether Conference Approved or World Board Approved, are easily distinguishable from recovery pamphlets by their appearance and should be used by members, groups, and service committees as a resource rather than being read in an NA Meeting. Before approval and distribution, Service Pamphlets will be sent out to conference participants for a 180-day ~~90-day~~ review and input. Service tools, PR material, bulletins, and other material will continue to be developed and approved by the World Board. The World Board has long been able to approve bulletins but these bulletins only had limited distribution to those who knew that they were available. The advantage of this approval process for informational pamphlets is that material is made readily available, and can be easily changed or pulled from inventory if there are concerns.

### Approval Process for Recovery Literature

Note: Policies regarding recovery literature are also contained in the Fellowship Intellectual Property Trust (FIPT).

#### A. Review-form Literature

1. Literature developed by the World Board is sent out for a 180-day ~~90-day~~ review period before the development of an approval-form draft. ~~The time and method of this review, considering translations, is determined by the World Board based on the needs of the fellowship and the piece in development.~~
2. Review-form literature is not for use or display in NA meetings.

Rationale by Region: The amount of time currently allotted is not adequate for the amount of literature being produced. Our fellowship is growing in leaps and bounds. In order to reach enough of our members so our worldwide experience, strength and hope can be tapped and utilized, we need more time to carry the message. We can not afford to be mass-producing literature at such a high rate of speed. After all it is the viability of our literature and the passion that goes into its construction that encourages those and saves addicts' lives.

World Board: *Our recommendation is not to adopt.* Currently there are three different development processes for NA literature and service material, Fellowship Approved, Conference Approved, and Board Approved. All NA recovery material is Fellowship Approved. Handbooks and service manuals are Conference Approved, and Board Approved materials are service-related items that contain practical experience about how to apply some of the principles established in Fellowship and Conference Approved material. Typically, the conference establishes the type of approval process when they approve a project. These distinctions were created for a reason. These are different types of materials and they should not all be subject to the same development or approval process. In the case of Board Approved material, for instance, often these tools or pamphlets simply contain information already distributed by world services upon request. It does not seem beneficial to subject them to the same lengthy review period as a piece of recovery literature. The idea with this material is that it can easily be changed and modified based on experience and fellowship input which can be submitted at any time. Much of the practice with Conference approved material has evolved over the last ten years and varies greatly depending on the project. The *PR Handbook*, for example, was sent out for fellowship review in three stages. The original motivation with the Conference Approval Track seemed to be to get much of the conference's policies out of the CAR. This approval process has evolved over time with most, if not all, of the actions to expand this process coming from regions and delegates rather than NAWS. The conference policy that created these three categories was discussed at the conference, sent out to delegates for review, and ultimately amended on the floor of the conference after discussion. This type of flexibility is something that the conference has chosen to increase over the years rather than to restrict. The World Board spent four years trying to capture the distinctions among these different development tracks after lengthy discussions with delegates, and the new policy was overwhelmingly adopted at the last conference. This motion seeks to erase these distinctions without making it clear what the real problem is or what is really motivating this change. Again, we would like to have a discussion about what is working and what can be improved that serves us all rather than attempting to tweak pieces of this process.

## **WSC 2010 Summary Sheet: Motions and Other Issues to Be Discussed**

### **World Board Motions**

**Motion 1:** To approve “A Vision for NA Service” stated below to replace the existing “NA World Services Vision Statement.”

*Maker: World Board, page 13*

**Motion 2:** To approve the draft contained in Addendum A, *Money Matters: Self-Support in NA*, to replace the existing IPs #24 “*Hey! What’s the Basket For?*” and #25 *Self-Support: Principle & Practice*.

*Maker: World Board, page 24*

**Motion 3:** To approve the draft contained in Addendum B, *Funding NA Services*, as a Conference Approved pamphlet.

*Maker: World Board, page 24*

**Motion 4:** To approve the revisions to *In Times of Illness* contained in Addendum C.

*Maker: World Board, page 25*

### **Regional Motions**

**Motion 5:** Direct NAWS to produce and add to inventory a purple decades clean and granite decade clean key tag in English only.

*Maker: Show Me Region, page 36*

**Motion 6:** To add purple key tags for multiple decades of clean time to the NAWS inventory

*Maker: New Jersey Region, page 37*

**Motion 7:** To add a Spanish (Castilian) Line Numbered Large Print Basic Text, in the current edition, to NAWS inventory.

*Maker: Southern California Region, page 38*

**Motion 8:** The World Board is directed to develop a project plan for presentation to WSC 2012 for a Traditions Working Guide.

*Maker: California Mid-State Region, page 39*

**Motion 9:** To direct the World Board to develop a project plan, for presentation to WSC 2012, to revise *Just for Today: Daily Meditations for Recovering Addicts* by replacing the thirteen quotes (and meditation passages if necessary) that were taken from the Fifth Edition Basic Text and *Youth and Recovery* with current fellowship approved NA literature.

*Maker: The Iowa Region, page 39*

**Motion 10:** The World Board will post on the NAWS Website the motions that pertain to the Conference Approval Track at the same time the Conference Approval Track is sent out to Conference Participants.

*Maker: South Florida Region, page 40*

**Motion 11:** The World Board will post on na.org all recovery literature workgroup meeting records in English within 30 days of any workgroup meeting. The World Board will also link these postings to any project resources: such as the projects discussion board, or similar resource. This post will include the project’s timeline and a schedule of workgroup meetings. The WB will also post their

meeting schedule & have the discretion to post an overview of the literature development process or any other additional information.

*Maker: Greater New York Region, page 42*

**Motion 12:** To add language to the end of the Approval Process for Recovery Material section of GWSNA, page 36, that says, “No more than two informational pamphlets or one booklet or one book-length piece will be out for Fellowship review and input at the same time.”

*Maker: FreeState Region, page 43*

**Motion 13:** To add language to the end of the Approval Process for Recovery Material section of GWSNA, page 36, that says, “Review and Input periods will be at least six months for informational pamphlets and booklets and at least one year for book-length pieces of literature.”

*Maker: FreeState Region, page 45*

**Motion 14:** To require a 180-day review and input period for Fellowship Approved, Conference Approved, or World Board Approved material.

*Maker: New Jersey Region, page 46*

## **Other Issues that Will Be Discussed at WSC 2010**

Those of you who read and discuss the CAR every two years will remember that the past several CARs have contained discussion questions, usually about the Issue Discussion Topics. This year, we don't have any particular questions to ask about the IDTs, but we are trying something new here on this summary page in briefly mentioning some of the other issues that we know will be discussed at the conference. We encourage you to read the related essays in this CAR.

### ***Service System (page 8)***

At WSC 2010, we will be discussing options for improved service delivery throughout all components of our service system: structure, process, people, and resources. We want to forward these discussions through the 2010–2012 cycle. We encourage everyone to read the essay on page 8 to gain all of the background information and share your ideas with your delegate so that we can have fruitful discussions at the conference and beyond.

### ***NAWS Resources (page 17)***

We have all been affected by the economic downturn, some of us more directly than others. In this CAR we discuss NAWS resources, and the *Annual Report* provides more detailed information. We are continuing to seek ways to cut costs at world services while reducing the impact on service delivery as much as possible. One of the items we will discuss with conference participants is *The NA Way Magazine*. We understand there is some benefit from this magazine to our members and to NAWS, yet we are aware of the waste that comes from automatic distribution of paper copies to all registered NA groups. We would like to discuss possible solutions with conference participants and to try changes in distribution before making any changes to policy. Please read the essay on page 17 and help your delegate come ready to discuss our *NA Way* distribution practices.

### ***Literature Development (page 28)***

Several of the regional motions in this CAR focus on some aspect of the literature development process. We hope to have a more holistic discussion at the conference about the literature development process, including how to more effectively involve interested members. How realistic is our current review and input process with our worldwide membership, and does this process positively affect our literature? Does a lengthy approval process make sense when approval is simply a “yes” or “no” for a completed work? What literature processes would serve us best today and in the future? We look forward to discussing all of these issues at the conference. Please read the essay on page 28 and share your thoughts with your delegate.

# World Pool Information Form

Thank you for your interest in entering the World Pool. Please provide us with the following information.  
If at some point you are considered for service, you may be asked for additional information.

Please type or print legibly and return to:  
Human Resource Panel, NA World Services, Inc., 19737 Nordhoff Place, Chatsworth, CA 91311 USA,  
or Fax to: (818) 700-0700.

## Today's Date:

Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

Is this your:  First Submission or  Update

**General Service Interest** - Mark your preference based on your interest, skills, and background. You may choose one or both options. Those selecting only NA World Service Projects will not be considered for HRP nominations to the World Service Conference (WSC).

World Board, Human Resource Panel, or WSC Cofacilitator

NA World Service Projects

## Contact Information

Name: \_\_\_\_\_ Clean Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
*Month Day Year*

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_

Postal/Zip Code: \_\_\_\_\_ Country: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email Address: \_\_\_\_\_

Your Region: \_\_\_\_\_

**Relevant Education, Occupation, and Life Experiences** - Please provide information regarding any relevant educational background, occupational skills, or life experiences.

<b>Education:</b>
<b>Occupation:</b>
<b>Life Experience:</b>

**Language** - For each language, please indicate your skill level as FLUENT, AVERAGE, or MINIMUM by marking the appropriate boxes. Include all languages that apply.

Language	This is my 1 <sup>st</sup> Language	Can Write	Can Read	Can Speak
	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Fluent <input type="checkbox"/> Average <input type="checkbox"/> Minimum	<input type="checkbox"/> Fluent <input type="checkbox"/> Average <input type="checkbox"/> Minimum	<input type="checkbox"/> Fluent <input type="checkbox"/> Average <input type="checkbox"/> Minimum
	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Fluent <input type="checkbox"/> Average <input type="checkbox"/> Minimum	<input type="checkbox"/> Fluent <input type="checkbox"/> Average <input type="checkbox"/> Minimum	<input type="checkbox"/> Fluent <input type="checkbox"/> Average <input type="checkbox"/> Minimum
	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Fluent <input type="checkbox"/> Average <input type="checkbox"/> Minimum	<input type="checkbox"/> Fluent <input type="checkbox"/> Average <input type="checkbox"/> Minimum	<input type="checkbox"/> Fluent <input type="checkbox"/> Average <input type="checkbox"/> Minimum

**Service History** - Please write the total number of years of service at each level of service in the “Total Years Served” box below. Please check mark the boxes next to the positions served.

World Service		Zonal Service		Area/Regional Service	
	Total Years Served		Total Years Served		Total Years Served
<b>Experience at that level: (Check all boxes that apply)</b>		<b>Experience at that level: (Check all boxes that apply)</b>		<b>Experience at that level: (Check all boxes that apply)</b>	
	Ad Hoc/Focus Group/Workgroup		Fellowship Development		ASC/RSC Admin
	Human Resource Panel		Other Zonal Service		Events/Activities
	NAWS Development Travel		Translations		Fellowship Development
	NAWS Public Relations Resource		Website		Group Service Representative
	Pre-1998 WSC Committees or Boards		Zonal Forum Admin		Hospitals & Institutions
	Regional Delegate/ Alternate Delegate	<b>Convention / Corporation / Service Office</b>			Literature
	Special Worker		Total Years Served		Outreach
	World Board		<b>Experience at that level: (Check all boxes that apply)</b>		Phone/Helpline
	WSC Cofacilitator		Board of Directors (BOD)		Public Information
			Committee Member		Public Relations
			Executive Committee		Policy
			Special Worker		Regional Committee Member
			Volunteer		Translations
					Website

**Service Preferences** - Please list the top two most fulfilling service positions/responsibilities from above.

Service Position / Responsibility:
Why was it fulfilling?
Service Position / Responsibility:
Why was it fulfilling?

# Glossary

## **Biennial**

Occurring every two years.

## **Candidate Profile Reports (CPRs)**

A packet containing information (individual reports) on each candidate nominated by the Human Resource Panel for consideration for election by the WSC. These reports are intended to assist conference participants in their evaluations of candidates.

## **Conference Agenda Report (CAR)**

A publication that consists of business and issues that will be considered during the biennial WSC meeting. The CAR is released a minimum of 150 days prior to the opening of the conference, with translated versions released a minimum of 120 days prior. The front portion of the CAR, in all the languages in which it is published, is available at no charge on the Web at <http://www.na.org.conference>.

## **Conference Approval Track (CAT)**

A term used to describe items sent to conference participants ninety (90) days prior to the World Service Conference. Included are any proposals for seating of regions, the draft budget and project plans for the upcoming conference cycle, and any material being presented for consideration under the service-material approval process.

## **Conference Approved**

NA handbooks and service booklets that tend to convey NA's fundamental ideas about certain areas of service. These pieces may or may not have been sent out for review and input according to the specifics of the project plan presented to the WSC, and are always included in the Conference Approval Track material for approval at the upcoming WSC. Both Conference Approved and World Board Approved material is intended to show how to implement or put into practice the principles established by core NA philosophy and Fellowship Approved.

## **Conference Cycle**

The two years between conferences. For the current conference cycle, that refers to the two fiscal years running from 1 July 2008 to 30 June 2010.

## **Conference Participants**

For the purposes of decision making, conference participants are defined as regional delegates and World Board members. Only delegates vote on old business items that have appeared in the *Conference Agenda Report*.

## **Conference Report**

The full report of all world service activities sent to WSC participants; delegates and regions may also have reports published. Mailed to conference participants and subscribers and also posted at [www.na.org](http://www.na.org). March issue customarily contains board, HRP, and regional reports.

## **Environmental Scan**

An environmental scan is part of a strategic planning process. In NAWS every two years, preliminary to the creation of our strategic plan, we look at internal and external

factors that might influence the work we are able to accomplish or that we wish to take on or prioritize.

### **Fellowship Approved**

As explained in GWSNA: “All NA recovery material is Fellowship Approved. This means that it is developed by NA World Services, sent out to the fellowship for review and input, and ultimately sent out for approval by the fellowship in the *Conference Agenda Report*.... This applies to all recovery books, recovery booklets, and recovery pamphlets as well as material that establishes or changes philosophical position or NA principles.”

### **Fellowship Development:**

We engage in a large variety of activities that are directed to members and/or designed to help NA communities in their efforts to carry the message and to further our primary purpose and vision. This includes, but is certainly not limited to, publications like *The NA Way* and *Reaching Out*, fellowship workshops, public relations activities, answering emails and calls with questions from members, and free or reduced-cost literature. We refer to all of this activity as fellowship development since that is the purpose.

### **Fellowship Intellectual Property Trust (FIPT)**

A legal trust that serves as custodian for NA's recovery literature and logos (trademarks). The document creating the FIPT is called a *trust instrument*; it explains how NA's literature and trademarks are managed and protected for the benefit of the fellowship as a whole. Approved by the fellowship in April 1993.

### **Guide to Local Services in Narcotics Anonymous, A (GLS)**

A service handbook, approved in 1997, intended to serve as a resource for NA groups, areas, regions, and their subcommittees in establishing and providing local services.

### **Guide to World Services in NA, A (GWSNA)**

A compilation of policy decisions that have been approved by the World Service Conference, including WSC guidelines. The name was changed from *A Temporary Working Guide to Our World Service Structure (TWGWSS)* in 2002. TWGSS, its precursor, was first published in 1983 as the temporary successor to the *NA Service Manual* (a.k.a. *The NA Tree*), which in turn was first published in 1976.

### **Human Resource Panel (HRP)**

Provides the World Service Conference with a list of qualified candidates for election to the World Board, the Human Resource Panel, and the WSC Cofacilitator positions. Is also responsible to administer the World Pool. Consists of four individuals elected by the WSC.

### **IP**

Acronym for informational pamphlet.

### **Issue Discussion Topics**

Specific topics selected by the WSC that concern the fellowship as a whole, to be discussed by the fellowship during the next conference cycle.

**“Living Clean”**

This is an ongoing literature project that is working on a book-length piece about our daily lives as recovering addicts with topics ranging from “our physical selves” to “living spiritually.” The approval draft will be published in April 2011.

**NA Way Magazine, The**

Published quarterly, *The NA Way Magazine* currently offers articles about service, recovery-oriented stories, and entertainment, as well as a calendar of international NA events. Available by request in English, French, Spanish, Portuguese, and German, and posted at [www.na.org](http://www.na.org).

**NAWS**

Refers to Narcotics Anonymous World Services, the legal name for world services.

**NAWS News**

A newsletter sent out by the World Board after each board meeting reporting on their current activities. Published in English, French, German, Portuguese, and Spanish. Sent to all conference participants, registered areas, and regions and posted at [www.na.org](http://www.na.org).

**Project Plan**

Developed by the World Board for all prospective, non-routine world service projects. Includes the proposed scope of the project, budget, and timeline. Included in the Conference Approval Track material as part of the budget.

**Public Relations**

Creating and maintaining relationships with members, professionals, families, and loved ones in an effort to more effectively carry the message of recovery.

**RBZs**

Candidates for world service positions who have been put forward to the Human Resource Panel for their consideration by regions, the World Board, or zones. These potential candidates are interviewed by the HRP separate from and after any initial blind screening process.

**Regional Assembly**

A gathering of group service representatives (GSRs) and regional committee members (RCMs), conducted by the RSC, to discuss issues affecting NA worldwide, usually in preparation for the biennial WSC meeting. The regional delegate is sometimes elected at the assembly.

**Regional Delegate (RD)**

Attends the WSC as a voting delegate from an NA region (or equivalent service body). Is responsible to help communicate between the region and world services throughout the conference cycle.

**Regional Service Committee (RSC)**

A body that draws together the combined service experience of a number of adjoining areas for the mutual support of those areas. Composed of RCMs, the regional delegate, alternate delegate, and others as needed.

**Service System**

The service system in NA consists of four main components: people, processes, resources, and structure. One of our current projects is focused on creating and framing a discussion about alternatives or improvements to our current service system.

**Service Pamphlets**

A pamphlet intended for use as a resource for groups and service bodies covering some topic related to service in NA. These pamphlets are developed and approved by the World Board, who can also revise them at any time. They are the board's best attempt at collecting some of the more successful practices in our fellowship in dealing with sensitive or difficult topics.

**Strategic Plan**

A long-term strategy for world services to provide new or improved services and support that facilitates the continuation and growth of Narcotics Anonymous worldwide. The project plans stem from the objectives in the strategic plan.

**Twelve Concepts for NA Service**

Fundamental NA principles guiding our groups, boards, and committees in service affairs. WSC-approved in 1992; published with essays and study questions as a self-titled booklet.

**Workgroups**

Small working bodies of the World Board created for a specific purpose.

**World Board**

The World Board is the service board of the World Service Conference. The board provides support to the Fellowship of Narcotics Anonymous in the fellowship's effort to carry the message of NA. Oversees the activities of NA World Services, including our primary service center, the World Service Office. The board also holds in trust for the NA Fellowship the rights for all its physical and intellectual properties (which includes literature, logos, trademarks, and copyrights) in accordance with the will of the fellowship as expressed through the WSC.

**World Board Approved**

Service-related informational pamphlets and tools approved and published by the World Board. This material contains practical experience gathered from the fellowship about how to apply some of the principles contained in NA Fellowship and Conference Approved material.

**World Pool**

A pool of members' service resumes (World Pool Information Forms) demonstrating a variety of recovery- and service-related experience as well as any skills necessary for the successful completion of world-level assignments. All NA members with over five years clean are eligible and encouraged to complete the information form.

**World Service Conference (WSC)**

Unlike all other service bodies of NA service, the conference is not an entity; it is an event—the coming together of the NA Fellowship from around the globe. Every two

years regional delegates, the members of the World Board, and the executive director of the World Service Office meet to discuss questions of significance to the Fellowship of Narcotics Anonymous. The World Service Conference is the one point in our structure where the voice of NA as a whole can be heard regarding issues and concerns affecting our worldwide fellowship. The conference is a vehicle for fellowship communication and unity: a forum where our common welfare is itself the business of the meeting.

**World Service Office (WSO)**

The name of the physical location of the primary worldwide service center for NA World Services. The headquarters is located in Chatsworth (Los Angeles), California, USA, with branch facilities in Mississauga, Ontario, Canada; Brussels, Belgium; and Tehran, Iran. The WSO prints, stocks, and sells NA Fellowship- and conference-approved literature, service handbooks, and other materials. Provides support for new NA groups and developing NA communities. Serves as a clearinghouse for information about NA.

**WSC Cofacilitator(s)**

Two individuals who preside over the business meeting of the World Service Conference. Elected by the World Service Conference.

**Zonal Forums**

Locally organized, service-oriented sharing sessions that provide means by which NA communities can communicate, cooperate, and grow with one another. Involves participants from neighboring regions.



## **Addendum A**

**IP #24, *Money Matters:*  
*Self-Support in NA*  
Approval Draft**



## IP #24: Money Matters

### Self-Support in NA

#### “...Through Our Own Contributions...” – Seventh Tradition

A story has been told about the early days of Narcotics Anonymous, when one of our founding members was seen going through the trash outside the NA service office. When asked what he was doing, he answered that he was looking for bottles to return for deposit so he could afford postage to respond to a letter from an NA member in Alaska. Every NA service committee has surely faced this simple truth at some point: The individual efforts of our members can go a long way, but willingness alone will not get a letter from California to Alaska, Brussels to St. Petersburg, or Tehran to Dubai.

This story illustrates two kinds of contributions as described by our Seventh Tradition. On one hand, we contribute our time and energy: showing up to meetings regularly, participating, and sharing with newcomers whenever we can. Our hopes and intentions are important, but it's what we *do* that matters. We get involved in sponsorship and service. We give of ourselves freely without the expectation of receiving anything in return. Putting our gratitude into action by supporting Narcotics Anonymous gives real meaning to our belief that “we keep what we have only by giving it away.”

On the other hand, we give money to help pay for the services that keep NA alive and growing. Both of these types of contributions are important—in fact, most members contribute time, energy, and money—but in this pamphlet we are concerned primarily with voluntary financial contributions. Our groups pass a basket, hat, box, or tray at some point during each meeting so members can give money.<sup>1</sup> The money we put in the basket allows our groups to keep the doors open, and to create a welcoming atmosphere of recovery for that shaky newcomer in the parking lot debating whether or not to come into the meeting. The money that reaches our service system helps support services that let other addicts, in our own communities and around the world, know that hope is available. Just as the cost of our own personal expenses—rent, food, and so on—go up from year to year, the amount of money needed to fund these basic services rises continually, especially as NA grows and as we seek additional ways to reach addicts.

We may notice some members giving a little more or a little less than others and wonder whether we're giving the “right” amount. Giving our fair share doesn't mean that everyone donates the same amount; it means each of us gives what we can based on what we have. When our lives improve as a result of our recovery, we often find that we can afford to give more. Maybe we feel uncomfortable when we realize that the beverage or snack we bought on our way to the meeting cost two or three times the amount we put in the basket. After considering what is most valuable to us, we usually decide to put more in the basket when we can. Whether we have a lot or a little, giving to our service system is an act of faith that helps us let go of some of our fears. Doing so can remind us that so long as our spiritual needs are taken care of, living problems are reduced to a point of comfort. We have faith that a power greater than ourselves will be expressed through our collective conscience.

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<sup>1</sup> In this IP, we will use the term “basket” to refer to any method a group might use to gather contributions.

## **“...To Further Our Primary Purpose...” – Eleventh Concept**

A frequently quoted line from the Basic Text states, “The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away.” Our groups put this idea into action in many ways. After a meeting is over, for instance, a newcomer talks with a few home group members, and one of them asks if the newcomer has a Basic Text. The newcomer might respond by asking how much the book costs, or by saying, “I can probably buy one next week.” The other members smile and make sure the newcomer leaves with a book. The newcomer mentions something about paying them back, and the response is simple: “Just keep coming back, so one of these days you can buy a book for a newcomer, too.”

Practicing self-support in NA doesn’t simply mean each of us pays our own way; we repay NA not just by taking care of ourselves, but by making a way for the newcomer to find recovery. Many of us have heard it shared in meetings that “even if I stayed clean for a hundred years, I could never repay NA for the freedom I’ve been given here.” In our addiction, all we did was take, which left us empty. In NA we are learning to become givers, and we are finding that giving fills us up. At first many of us felt we had an obligation to give back what was so freely given to us, but over time we began to be motivated by more of a forward-looking desire to contribute as we began to see the bigger picture of what NA can be and do.

NA members who came before us made sure we were able to find our way here. They kept the meeting doors open, put money in the basket to pay for a phoneline and posters, and brought literature and panels into facilities to share the NA message. Now we have the opportunity, as well as the responsibility, to give other addicts a chance to hear our message. Our financial contributions help pay for services on every level: local efforts to carry the message; regional support and services to areas; and world services, which not only assists existing NA communities, but also works to make NA available in other communities. Translation efforts, free or subsidized literature, fellowship development workshops—all of these services are carried out on behalf of NA as a whole, to make our message available to still-suffering addicts worldwide.

Most of us feel some level of ownership and responsibility for services provided on NA’s behalf. Contributing our time and money to NA gives us an opportunity to manifest that feeling in a concrete way and strengthens our spiritual connection to the service system and the program. The Second Concept reminds us that the NA groups have “final responsibility and authority for NA services.” For example, we may have been to a meeting where the basket was passed twice because there wasn’t enough collected for rent the first time, only to see members dig deeper the second time around. When there is a clear connection between the money we put in the basket and NA’s needs, most of us are willing to give more. After all, NA belongs to us and its well-being depends on our efforts. We begin to realize that we do not have to wait until some part of the service system is suffering before we contribute.

There is a spiritual satisfaction in freely giving to support the fellowship that saved our lives. We give what we can, knowing that our contributions become part of a worldwide effort to share recovery.

*Here are some questions we can ask ourselves about how we contribute financially to NA.*

- How much did we put in the basket in our first thirty days clean? First year? Now?
- How have our financial circumstances changed since we got clean?
- Does the way we spend our money reflect what is valuable to us?
- Do our NA groups have the money they need to operate smoothly? Can our group contribute to other levels of service?
- What more could be done to further our primary purpose at each level of service, if we had the money?
- What more can we be doing to help others, the way we were helped by NA?

### **“...And Must Be Managed Responsibly.” – Eleventh Concept**

At every level of service in NA, we have at one time or another faced the challenge of trying to carry out our work with limited funds. For example, a Narcotics Anonymous service committee is looking forward to the convention to bring in money to replenish reserves. But the weather gets so bad that hardly anyone can travel, and the convention takes in far less money than expected. By the time the hotel costs and other expenses are paid, the convention has lost money. As a result, reserves won't be filled, literature orders might be cut, or fewer meeting directories will be printed. Trusted servants argue about how the situation could have been handled better, or about how to use the little money that remains available. It might take months, or even years, to recover from such a loss.

This scenario raises questions about both the sources of NA funding and the responsible management of those funds. The money that pays for our services comes from contributions freely given by members, as well as income from our own efforts, such as events, merchandise, and literature sales. There is a point at which these efforts can, however, begin to stray from our basic principle of addicts freely helping addicts. In our enthusiasm and creativity, we sometimes have ideas for events or fundraisers that have little or nothing to do with our primary purpose, and therefore wouldn't be appropriate for us. Group conscience is the means by which we can sort this out and strike the proper balance.

With a steady, reliable flow of member donations we may deal with these types of issues less frequently. Our service committees will then be more able to develop practical, realistic budgets and provide more reliable and efficient services to make our message more available. When we give enough money in our groups, and our groups contribute directly to each level of service, we stabilize our services and can become a more reliable presence in our communities. The ability of our service committees to make plans and follow through does not have to depend on factors beyond our control, such as how many people attend our events or buy T-shirts. Free from the pressure to generate large profits, our events can stay focused on celebrating recovery and sharing our message.

But the stability of our resources is only part of the story. Taking care of what we have is also an important part of self-support in NA. Our resources are limited, so they must be used wisely. If we want our service system to be successful, we must provide it with the money

needed to accomplish the work, as well as the time and energy to make the work possible. The funds we pass along to the service system do not belong to any particular committee; they belong to NA. Our concepts remind us, “When all levels of our service structure receive direct financial support from the groups, the bonds of mutual responsibility are strengthened between them.” (Eleventh Concept essay) As members, it’s our job to make sure the money we contribute is used responsibly: prioritizing our needs, seeking cost-effective methods of service delivery, selecting capable and qualified trusted servants, insisting on accountability through clear financial reports, and encouraging our groups and committees not to hold on to large sums of money. Our Eleventh Concept discusses the importance of using NA funds responsibly. When we exercise our responsibilities as members, we strengthen the ties that bind us together. We see that our contributions make a difference, and we stay in touch with whether or not our service system has what it needs to function.

Finally, the principle of self-support in Narcotics Anonymous, as expressed in our Seventh Tradition, ensures our ability to carry our message on our own terms. Our Second Concept essay clearly defines the responsibility for funding the services that further our primary purpose: “Since the groups have created the service structure to perform certain tasks, the groups are also responsible to provide the necessary funds.” At all levels, our groups fund our services so we can remain free from outside influences and control. We do not accept any donations from outside of NA; everything has its price.

Self-support in NA is all about taking care of the gift we have been given: freedom from active addiction and the opportunity for a new way of life. Together we can help ensure recovery is available to every addict seeking relief from the nightmare of addiction.

## Ways to Contribute

- Show up and welcome a newcomer!
- Sweep the floor, help stack chairs, or empty the trash. When we leave the meeting room, it should be as clean as, or cleaner than, it was when we arrived.
- Give time and energy in service to the group, or any goods and supplies your groups or service committees might need.
- Give money at the meetings you attend. Remember, whether it’s dollars, pounds, euros, or any other type of currency, it probably can’t buy as much today as it used to.
- Make clean date contributions of money or literature to your home group, or contributions for each year clean to NAWS, or both.
- Contribute directly to each level of service.
- Set up automatic recurring contributions to NA World Services by visiting [www.na.org](http://www.na.org).
- Some members make arrangements to leave a specified amount of money to NA in their will or estate, or contribute in memory of a deceased member.
- Be of service.

*See IP #28, Funding NA Services, for information  
about how groups use the money collected in meetings.*

# **Addendum B**

## **IP #28, *Funding NA Services* Approval Draft**

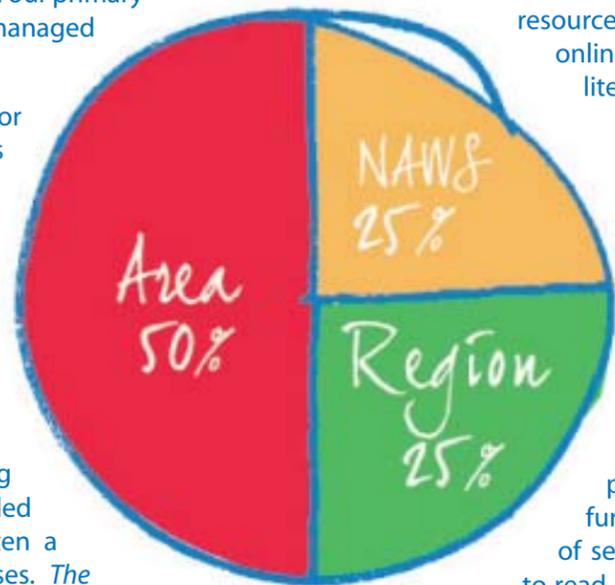


# How Our Groups Contribute Financially

The Eleventh Concept states: "NA funds are to be used to fulfill our primary purpose, and must be managed responsibly."

Ideally, after paying for their expenses, groups send money directly to each level of service to help pay for the work done on their behalf. This example is one of many possible models groups can use.

Some groups also set aside a small operating reserve (sometimes called a "prudent reserve"), often a month's rent or expenses. *The Group Booklet* cautions us that "too much money in the till causes far more trouble than too little money."



For more information on managing the group's funds, consult some of the following resources, which are available online or through your usual NA literature source.

- The Group Booklet*
- Treasurer's Handbook*
- Group Treasurer's Workbook*
- A Guide to Local Services in NA*

Our Seventh Tradition of self-support isn't only about money, but this pamphlet is. Members with further interest in the topic of self-support are encouraged to read IP #24, *Money Matters: Self-Support in NA*, the Seventh Tradition essay in *It Works: How and Why*, and the Eleventh Concept essay from *Twelve Concepts for NA Service*.

Where to send our donations:

Area: \_\_\_\_\_

Region: \_\_\_\_\_

World:

NA World Services  
PO Box 9999  
Van Nuys, CA 91409 USA  
<https://cart.na.org/portal.htm>

To help members understand the importance of individual contributions, groups may want to add a statement like this one to their meeting format to be read before passing the basket:

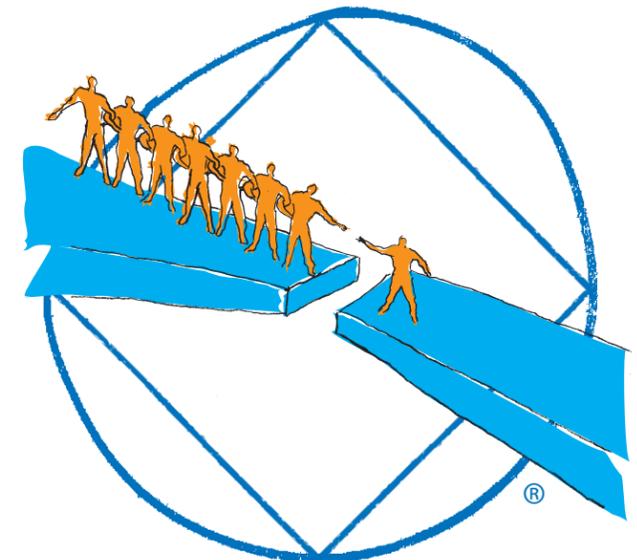
Our Seventh Tradition states:

*"Every NA group ought to be fully self-supporting, declining outside contributions."*

In Narcotics Anonymous, we pay our own way to maintain our freedom. By giving freely, we ensure that we have meetings to attend, and we support the services that keep NA alive and growing all around the world.

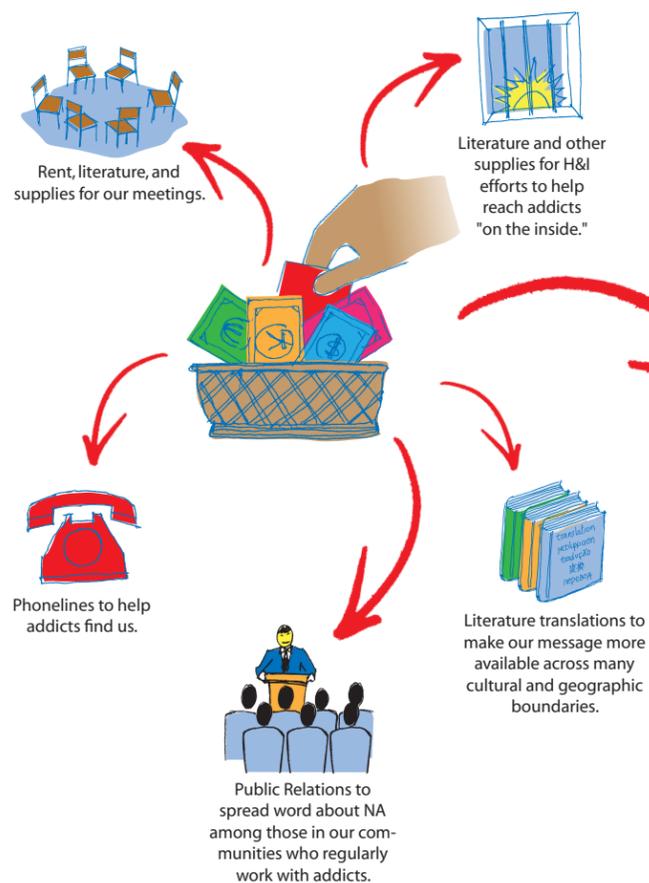
We encourage members to keep in mind that our financial contributions to NA are one of the fundamental ways we can demonstrate our gratitude for the program that showed us a new way to live.

# Funding NA Services



## Where Our Basket Money Goes

Being self-supporting means that NA services are supported by our own efforts. Meetings that have more give more so that meetings that have less do not have to go without. We, as a worldwide fellowship, take care of Narcotics Anonymous.



These are just a handful of the ways our money helps us carry the message.

IP #28, Funding NA Services Approval Draft

## Our Worldwide Fellowship

In addition to our local efforts to share the NA message of recovery, there is much to be done around the world to pursue our vision of making recovery available to every addict, regardless of language or culture.

When the NA groups send money to world services, they help support some of the following efforts:

- providing free literature and shipping for developing NA communities
- funding regional delegates from around the world to attend the World Service Conference every two years. The Conference is the place where "The fellowship collectively expresses itself on matters affecting Narcotics Anonymous as a whole."

- conducting public relations efforts to help members of the community/government officials understand what NA is and what we do.

In a few decades NA has grown from a small number of meetings in a handful of places to a worldwide fellowship with more than 53,000 meetings in over 130 countries.\*



\* As of 2008.  
Not intended to be geographically accurate.

IP #28, Funding NA Services Approval Draft

# **Addendum C**

## ***In Times of Illness*** **Approval Draft**



## Preface

The *In Times of Illness* booklet was approved by the World Service Conference in 1992. Since its publication, members throughout our fellowship have utilized this booklet as a resource when confronted with an illness or injury in recovery. The Fellowship of NA, the medical community, and the world are in a constant state of change. Through the years, many members found that the experience given in the booklet no longer met the needs of our growing fellowship. Workshops held worldwide indicated that members, collectively, wanted suggestions on dealing with issues such as mental health disorders, medication, and chronic illness in recovery. Our goal is to address these concerns and continue to carry our message to the addict who still suffers.

This revised booklet offers the shared experience of many members who live with illness and maintain their recovery in NA. As our fellowship matures, so does our experience with life issues. Illness and injury are life issues that can invoke fear and uncertainty in addicts. We offer support to members who relapse with medication taken for an illness, and we share the experience of many members who are required to take prescribed medication and keep their recovery intact. Through the process of working the steps, we learn about ourselves. We come to know our own defects of character and recognize the tendency to minimize or overemphasize events in our lives. We can apply this knowledge, along with the solutions we find through the steps, to any situation we face. Based on these principles, this booklet offers practical suggestions for living a life in recovery and living with an illness, injury, or mental health disorder. We encourage members to use the information and ideas offered to better understand and support one another, not to chastise one another.

The information in this booklet is not intended to be a substitute for medical advice, nor should it be used to make decisions regarding healthcare treatment without consulting professionals. Our literature tells us that when we sought help for our addiction through medicine, religion, and psychiatry, these methods were not sufficient for us. However, there will be times when we face an illness or injury that can be successfully treated by professionals. Our goal is to responsibly seek treatment for medical conditions while we acknowledge that we are recovering addicts with the disease of addiction.

This booklet is not designed to address every possible situation we may encounter, and there are many other pieces of NA literature that may help, too. Basic concepts we can learn through working the steps and core spiritual principles of our program are repeated often throughout this booklet. This is intentional. We designed it for an addict who is facing an illness or injury and who may want to seek out the section that applies to their situation and gain valuable insight without having to read the entire piece. Health problems are personal, and each situation will differ depending

on the individual. What we offer here is simply the experience, strength, and hope of many members who have faced illness and injury during their recovery in Narcotics Anonymous.

## Informing Our Healthcare Providers

*"...we accept responsibility for our problems and see that we're equally responsible for our solutions."*

### Basic Text

We are responsible for our recovery, but there may be times when a team of healthcare providers will administer our medical care. We have a right and responsibility to participate as an equal partner by informing our healthcare providers of our needs. It is vital to carefully consider all options presented to us. Professionals will have difficulty providing us with adequate care unless we are honest with them. We apply basic safeguards that will protect our recovery when we are seeing a medical professional; it is usually in our best interest to inform them that we are recovering addicts.

- Explain that abstinence from mind- or mood-altering medication is our goal in recovery.
- Consider and discuss alternative treatments and smaller doses when a prescription for mind-changing or mood-altering medication is offered.
- Take our sponsor or a trusted NA friend with us when we are going to the doctor.

In the event that we encounter medical professionals who do not understand the disease of addiction, we take the opportunity to share with them about our recovery. This will help them provide us with safe and effective medical treatment. Some medical professionals may misunderstand us and attempt to treat our addiction. Or, they may be overly cautious and reluctant to prescribe medication when they learn that we are addicts. We can explain that we have the NA program to help with our addiction, and we need their help with treatment of our medical condition. We also need to remember that it is okay to ask the doctor questions. It is important to be our own advocate. If we feel like we don't have enough information, or that the doctor does not seem to be respectful of our situation, we can seek another medical opinion.

*"My experience with dentists is no different from other doctors who treat pain. As a result of neglecting my teeth, I have had to make numerous visits to the dentist for procedures that caused intense pain. My dentist, on several occasions, offered me pain medication to take at home which I didn't find necessary. Instead, I accepted the practical experience of other members and found relief with ice packs, rides to and from appointments, and nonprescription medication."*

Our experience shows that we may want to consider taking another person with us when meeting with a doctor. Having another person listen while the doctor describes proposed procedures or treatments can offer us support and reassurance. If necessary, their presence can be explained to the doctor by saying that the support of others is an integral part of our program of recovery. Medical issues often produce a reaction of anxiety. The person who accompanies us can hear the details with an open mind, while our own minds may be clouded with fear, anger, or self-pity. We select this person based on the fact that they are our sponsor or a trusted NA friend, and it is important to remain open-minded to the suggestions that they may offer.

*“A woman I sponsor was scheduled to have major surgery. She felt shame and was afraid that the medical personnel would treat her differently if she told them she was an addict. Rather than lose face, she was willing to risk her recovery. She shared those feelings with me. I helped her to see that it was important to walk through the fear and inform the medical personnel of her addiction. She chose to be honest with her doctor. As a result, her recovery was strengthened rather than jeopardized.”*

Ideally, working closely with healthcare professionals and a sponsor can help us keep our illness and treatment in perspective. Reaching out and sharing honestly with those we trust and respect is vital. We may want to seek out the experience of NA friends who have faced similar situations in their recovery. Maintaining rigorous honesty and remaining open to the suggestions of other addicts allows us to avoid self-deception or secrecy. Our experience shows that we are especially vulnerable to our addiction when we are dealing with illness and injury. We consider asking for a limited supply of medication and we talk to our sponsor before filling a prescription for mind- or mood-altering medication. Our sponsor and trusted NA friends can help us make decisions based in recovery principles. They remind us that taking medication as prescribed for an illness is not the same as using. It is essential to maintain rigorous honesty and responsibility with our sponsor and allow our medical team, our NA support network, and our Higher Power to guide us.

## Medication in Recovery

*“For all the diversity of individual opinion among our members, Narcotics Anonymous itself is united in having no opinion on any issues apart from its own program. As a fellowship, we agree to take positions only on those ideas that have drawn us together, our principles of recovery, not on the many personal opinions that might divide us.”*

*It Works: How and Why*

Narcotics Anonymous as a whole has no opinion on outside issues, and this includes health issues. We are concerned with recovery from the disease of addiction. Our collective experience shows that rigorous application of the program is our best defense against relapse. However, we may face a situation in our recovery where we have to make choices about medication. The use of medication can be controversial in our fellowship. When treatment of an illness requires medication, the concept of abstinence can be confusing. It's helpful to remember the importance of making a conscious decision not to medicate ourselves or treat our own illnesses.

*"I was one person who believed that, if you used anything for any reason, it was considered a relapse. Until I was faced with this situation in my own recovery, it didn't dawn on me that I might have to take medication. I can remember going to meetings and having people ask me if I'd relapsed, and telling me to pick up a white chip. This really hurt and scared me. I felt rejected and very alone because no one seemed to understand that I needed strength and hope."*

The Basic Text recommends consulting professionals concerning our medical problems. We also work closely with our sponsor and other experienced NA members we trust. Many members today have experience with illness and medication in recovery. We can look to their example and listen to their experience to help us face our fears about medication. We remember that we are especially vulnerable to our old ways of thinking when we are in pain. Prayer, meditation, and sharing can help us keep our minds off our discomfort. Addicts are often surprised to discover how much pain we can tolerate without medication. Reaching out and sharing honestly with those we trust can help us keep our priorities in order. Our goal is to maintain our recovery.

Cleantime is an issue for each of us to resolve individually with our sponsor and our Higher Power. The ultimate responsibility for making medical decisions rests with each member. However, the guidance and support of members who have faced similar situations is often available if we reach out. In addition to consulting medical professionals, we may use other members' experience and information to help us make knowledgeable decisions. We can practice the Twelve Steps, maintain frequent contact with our sponsor, write about our feelings and motives, and share with our NA friends. With the support of others in Narcotics Anonymous, we find the strength we need to make healthy choices for our own recovery.

*"When I came to NA, all I wanted to do was stop using drugs; NA showed me how. My recovery in NA helped prepare me to face an illness. I discussed my illness with informed medical professionals and obtained second and third opinions. Every medical treatment involved mind- and mood-altering medication. Prior to taking pain medication, I discussed all options with my sponsor. During that period of time I kept my NA friends close and my sponsor informed."*

We have found that it is important for addicts to have at least one person with whom they can be completely honest. This person can be a sponsor, recovering family member, or trusted NA friend. The important thing is that someone who has specific knowledge of the disease of addiction can help us to avoid isolation and secrecy. Members facing illness and injury may face intense feelings of loneliness, despair, and self-pity. We learn that pain shared is pain lessened in NA, and encourage others to reach out to us. By listening to the experience, strength, and hope in meetings we are able to experience collective empathy. We fulfill our primary purpose by offering our support to other addicts with an attitude of care, love, and concern.

*“Anyone who reaches out for help is entitled to our compassion, our attention, and our unconditional acceptance. Any addict, regardless of clean time, should be able to pour out his or her pain in an atmosphere free of judgment.”*

#### *It Works: How and Why*

Regardless of how vigilant we are with our mental and spiritual program of recovery, we may react to medication like we did when using drugs. The power of the disease of addiction cannot be underestimated. The Basic Text warns us that our disease is cunning, and tells us that honesty is the solution. When we are in pain, we are highly susceptible to self-deception, fear, denial, and anger. It doesn't matter what the medication is, or whether it was our drug of choice. Our thinking and actions may be affected by any mind- and mood-altering medications. During these times, we benefit greatly from maintaining a support network. These NA friends will help us truthfully inventory ourselves and monitor our use of any medication. We need to remain open-minded when our sponsor and other trusted NA friends offer suggestions based on their experience. Communicating honestly with our sponsor, medical care providers, and loved ones is vital to our recovery. We strive for the willingness to avoid our self-will and follow the suggestions of others who have our best interests at heart.

An unfortunate reality in our fellowship is that some members abuse their prescribed medication and relapse. Any mind- and mood-altering medication can be dangerous for addicts. Members who relapse on prescribed medication may be reluctant to return to meetings for fear of being judged. Knowing that their lives are at stake, we treat these addicts with compassion. Encouraging these members to share honestly and admit when they have abused their medication can remind other addicts to be vigilant in protecting their own recovery. Our experience shows that many NA members have been successful in taking medication as prescribed and maintaining their recovery. When facing a situation where we may be prescribed medication, we should seek out the experience of these members. Some common elements that these members share are regular meeting attendance, close contact with their sponsor and NA support network, and willingness to follow suggestions from those who have faced similar situations successfully.

When we are confronted with a medical condition where we may have to take medication, our initial fear may be of taking too much, but we also may go to the other extreme. The urge to allow ourselves to suffer unnecessarily rather than take medication may be great. We resist this urge to stubbornly insist that we know better than the doctor, refuse all medications, or neglect problems that require medical attention. When a professional tells us that pain is not conducive to healing, we should listen. Likewise, ignoring health problems because of fear or pride may, in fact, make matters worse for us. Once again, we remind ourselves of the importance of making a conscious decision not to medicate ourselves or treat our own illnesses.

*“When I was about a year and a half clean, I suffered my first bout of a recurrent illness. My sponsor told me not to be a martyr and to go to my doctor, who knows that I am a recovering addict. I didn’t listen, and as a result I was hospitalized for five days, in traction and on strong medication. If I had followed my sponsor’s suggestion, I would have been on a milder medication for a much shorter period of time.”*

Our experience has shown that no drugs are risk-free for us. Any medication may unleash the craving and the compulsion that haunted us while we were using. Nonprescription drugs can be as dangerous as those prescribed by a physician. Even if we have not seen the doctor, we can practice vigilance and responsibility for our recovery by checking our motives and seeking the suggestions of our sponsor before we take anything. It is important that we consider their use as carefully as the use of any other medication. Any drug, prescription or nonprescription, has the potential to be abused.

Sometimes, our members have found, alternative methods of treatment can be used. This is another way in which we can exercise responsibility for our recovery, even during illness. Many of these methods require little or no medication or the use of medication that doesn’t alter our moods or our thinking. Some NA members even share that they have felt spiritually strengthened by exploring and utilizing these alternatives. We seek solutions in our recovery when we are faced with an illness or injury by asking questions and doing research. Asking members what worked for them can be a powerful way to utilize the support of the fellowship. Reaching out for experience and new ideas strengthens our recovery and gives us a renewed appreciation for the NA program.

*“Today, I live with chronic pain. It is not always debilitating, but pain is almost always present. I do my best to respect my physical limitations. I refrain from activities that result in pain, and have found new activities that are relatively pain-free. I practice surrendering to my physical limitations so I do not aggravate my condition and create more pain. Fortunately, I have found alternatives that usually provide me the relief that I need to get*

*through my day. All of these have had some positive effect. Alternative methods reduce my pain so that I don't need to try to manage with mood-altering medication."*

By living the Narcotics Anonymous program, we find a measure of stability in our lives. We apply the principles of the program to help us find spiritual well-being when we are ill. Sharing openly with our doctor and our sponsor, relying on a Higher Power, and practicing the Twelve Steps are important tools. These can help each member find a sense of balance that is comfortable and appropriate. Life in recovery can be complicated by illness and the possibility that we may need to take prescribed medication. We strive to stay vigilant in applying the principles we have learned in NA. When we do this, our personal goals and recovery remain intact.

- Regardless of how we work our mental and spiritual program of recovery, we may react to medication like we did when using drugs.
- It's helpful to remember the importance of making a conscious decision not to medicate ourselves or treat our own illnesses.
- A recovery support network is vital. Our sponsor, medical care providers, and NA friends can help us inventory ourselves and monitor our use of any medication.
- Cleantime is an issue for each of us to resolve individually with our sponsor and our Higher Power.

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*"Everything that occurs in the course of NA service must be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers."*

### Basic Text

The primary purpose of our groups is to carry the message of recovery. While being of service to our fellowship, there may be times when we begin to feel that taking mind-changing and mood-altering medication has affected our ability to serve effectively. In some cases, members may share with us that they think our behavior and attitude have been impaired by our illness and treatment. They may tell us we are not the same person. Even though our temptation may be to rebel against the opinions of our fellow trusted servants, we remember that they are our eyes and ears. We strive to maintain an attitude of humility and open-mindedness. We bring their concerns to our sponsor and supportive NA friends, and seek a solution.

Effective leadership is highly valued in NA, and being of service is a principled action. We may want to inventory our decisions and motives with service. We talk to our sponsor and NA friends; they can help us avoid self-deception. Being honest with ourselves about our strengths and weaknesses is an important part of any inventory.

Some members have found that they were fully capable of fulfilling their service commitments while taking medication to treat an illness or injury, while others have made the choice to step down. This is a deeply personal decision. We will want to consider what is best for both the fellowship and ourselves.

If we decide to resign from a trusted servant position due to the effects of medication, this can be considered an action based in integrity, courage, and humility. Informing fellow members that we need to step down for a period of time for health reasons illustrates recovery principles in action. This can be viewed as the fulfillment of a personal commitment to our health, rather than a failure. We can remind ourselves that we live this way of life just for today, and the decisions we make are not forever.

We come to accept today's health issues, and we can seek other ways to be of service. We may consider a group-level commitment, or we may be a committee member rather than committee chair. We remain open-minded, willing, and honest, seeking out the experience of other members to learn how they were able to serve while living with health issues and medication. Being of service to a fellowship that saved our lives is an act of love, and is not conditional on a specific position or title.

## Mental Health Issues

*"We recommend turning our legal problems over to lawyers and our financial or medical problems to professionals. Part of learning how to live successfully is learning when we need help."*

### Basic Text

One of the beautiful things about NA is that addicts from all walks of life can find recovery in our program. Our meetings welcome anyone who has the desire to experience the NA program of recovery. Some members recover in NA with mental illness that requires medication. Just as we wouldn't suggest that an insulin-dependent diabetic addict stop taking their insulin, we don't tell mentally ill addicts to stop taking their prescribed medication. We leave medical issues up to doctors. As NA members, our primary purpose is to carry the message of recovery to the addict who still suffers, not to give medical advice. Responsibility rests with the member to be honest about their condition with informed healthcare professionals, and to evaluate their treatment and medication options.

*"Over the years I have learned that in order to remain clean, I have to be proactive in dealing with my mental illness; and in order to remain mentally stable, I have to be proactive in my recovery. For me, the disease of addiction and my mental disorder must be dealt with simultaneously. Although the steps are my best defense against relapse, no amount of step work, prayer, meeting attendance, or calling my sponsor will change the fact that I have mental illness. Just because I'm*

*clean does not mean that I no longer have mental health issues. The very disorder that affected me when I was using still affects me today. Ultimately, the decision to take medication or not to take medication is a deeply personal one.”*

An aspect of addiction is the compulsive misuse and abuse of drugs, often at the expense of our physical and mental health. In recovery, we learn to be responsible for ourselves. For some addicts, this may mean seeking mental health treatment and taking medication as prescribed. Our experience shows that there are times when our members have been prescribed mental health medication for symptoms resulting from our active addiction. Members in this situation often find that after a period of time in recovery they are able to stop taking this medication under the supervision of their doctor. This is not the case for everyone. Our membership also includes addicts who have lifelong mental health issues. We should share honestly with our doctor and sponsor, examine our motives, and decide what course of action is right for us. In NA we have freedom to make decisions about our life and recovery in a safe environment, free of judgment. It is our personal responsibility to seek professional help when we need it. A mental health professional can assist us in understanding our illness and explain our treatment options.

*“All addicted persons are welcome and equal in obtaining the relief that they are seeking from their addiction; every addict can recover in this program on an equal basis.”*

#### Basic Text

NA promises us freedom from active addiction, but that is our only promise. We have found collectively that medicine, religion, and psychiatry alone are not sufficient to treat the disease of addiction. This may mean that medicine and psychiatry are sometimes necessary to treat mental illness in combination with our program of recovery in NA. Some addicts have found that professional help for a short period of time has allowed them to deal with a crisis outside the scope of their recovery in NA. Often these members emerge with a new perspective on life. Others may face situations where long-term medication and therapy are warranted. We are free to seek outside professional help and continue in our program of recovery in NA.

The newcomer is the most important person at any meeting. As a member of the group, we try to be mindful of the message we carry. We have found that a meeting may not be the ideal place to share personal details about our diagnosis and treatment. Our experience shows us that sharing these details one-on-one with a trusted NA friend or sponsor, instead of in a meeting, can help to maintain an atmosphere of recovery. There is no shame in getting the help we need. NA meetings can provide a safe place for us to share our feelings in the company of other recovering addicts. Sharing recovery in NA, we open ourselves up to experience the collective compassion of the group. Our NA friends will help us keep our lives in

perspective, and remind us how to apply the spiritual principles of this program to all areas of our lives. With the freedom to share honestly in meetings comes the responsibility to seek a solution. In NA, our identification as addicts is what we have in common. This allows us to focus on our similarities instead of our differences. It is possible to find freedom from active addiction in NA and to be taking medication prescribed by an informed healthcare professional for a mental illness.

- With the use of any medication, we must be honest with ourselves, our healthcare team, and our sponsor about our feelings and motives.
- In NA the only requirement for membership is a desire to stop using. As members we have no reason to judge one another.

Meetings are a powerful way of carrying our message of recovery to the addict who still suffers. New members come to NA with a variety of life problems, and are sometimes disruptive in meetings before they learn what is appropriate in that atmosphere. Our first reaction may be apprehension, but it is important that we welcome every addict seeking recovery. We remember the care and concern that helped us find a sense of belonging in NA. Our collective attitude should be one of loving acceptance toward all addicts, regardless of any other problems they may experience. Whether we are the newcomer or have years clean in NA, anonymity means that we all have an equal opportunity to recover.

## Emergency Care

*“The steps are our solution. They are our survival kit. They are our defense against addiction which is a deadly disease. Our steps are the principles that make our recovery possible.”*

### Basic Text

Recovery does not exempt us from accidents and injuries. Sometimes, emergency room treatment becomes necessary. When this happens, we are often asked to make quick decisions. The foundation we have in recovery can be a crucial factor in our decision-making process. It is important to be honest with our medical providers. If we are able to communicate, we let the professionals treating us know that we are recovering addicts. This may influence the choices they make about our medication. We accept that we are not in control of the situation and trust the professionals who are treating us. It is helpful to remember that the principles of recovery apply to every area of our life, even in a crisis.

*“Even though I thought I was alone, I wasn’t—because I prayed. I then called my sponsor, who met me at the emergency room. Once there, I was examined and offered medication. I explained my addiction to the doctor and asked if not taking the medication would be life-threatening. With my sponsor’s support, I was able to make an informed decision.”*

We may find that an acute event is not life-threatening. When we break a bone, experience a high fever, or cut ourselves, we may require emergency care. We are usually given an opportunity to reach out to our sponsor and NA friends before seeking any medical treatment. Relying on others can help alleviate the fear and irrational thinking that we may experience during a medical emergency. We can discuss the treatment options presented to us and receive the love and guidance from our NA support network. However, in some circumstances, we may be involved in an accident or traumatic injury and be forced to act very quickly. In these situations, we may not have immediate access to any of our NA friends or sponsor. During these times we rely on our Higher Power for guidance and maintain our faith. In NA, we are never alone.

When we are faced with a medical emergency, we can tap into the spiritual connection we have developed with a Higher Power through the steps. The Basic Text tells us that the power that brought us to the program is still with us and will continue to guide us if we allow it. The presence of people we trust and faith in a Higher Power are both valuable tools. The strength we gain from this support can help us make decisions that will enhance our recovery. Even in an emergency, we can still apply our program of recovery.

- The foundation we have in recovery can be an asset during an acute event.
- Relying on others alleviates the fear and irrational thinking that come with isolation.
- The spiritual connection we have developed with a Higher Power helps guide our decisions and provides a source of strength.

## Chronic Illness

*“By working the steps, we come to accept a Higher Power’s will. Acceptance leads to recovery. We lose our fear of the unknown. We are set free.”*

### Basic Text

Chronic illness is a reality for many NA members. A chronic illness is a persistent, often life-threatening, and incurable condition. Our experience is that chronic illnesses may have periods of remission and recurrence. We can come into recovery with knowledge of an illness, or we may discover after we get to NA that we have a chronic medical condition. Regardless of our particular circumstances, we apply the spiritual principles of our program to living with our chronic illness. Our goal is to accept our illness and live life in recovery. We embrace surrender, humility, faith, and willingness. Our attitude will either hurt or help us; we remind ourselves that we have no control over life’s challenges. In fact, our survival and recovery depend on our mental, emotional, and spiritual well-being.

There are many chronic illnesses that our members live with that have treatments available. Our experience shows that sometimes the treatments can present their own set of challenges. NA doesn't advise members on medical care, but we can help each other with the emotions we experience as a result of our illness and treatment. Some days we may feel hopeless, helpless, and angry. Other days will seem less painful and more positive as we learn to continually surrender. Through ongoing surrender, we can find freedom and the ability to accept our illness. We give ourselves permission to feel exactly as we do, and to look for ways to cope, not escape. We can see our illness as a curse, or we can choose to view it as a gift that can bring us closer to our Higher Power and loved ones. We make a conscious decision to walk through our lives in a manner that will strengthen our commitment to our health and recovery.

*“Separation from the atmosphere of recovery and from the spirit of service to others slows our spiritual growth.”*

### Basic Text

A renewal of our commitment to maintain recovery in Narcotics Anonymous is crucial when we live with a chronic illness. By renewing our commitment to turn our will and our lives over to our Higher Power's care, we open a channel that allows this Power to work in our lives. Reaching out to others who are willing to listen to us share about our chronic illness will help us to realize that we are not alone. Accepting support from others can help us to avoid self-centeredness and self-obsession. We work to get outside ourselves and maintain a connection to others in recovery. When we listen with an open mind to what other addicts face in their lives, we may feel less like a victim and actually find some gratitude for our own problems. It is vital to our recovery that we share honestly about our feelings in meetings. Newcomers as well as our NA friends benefit from listening to us share about life issues and spiritual solutions.

Our illness provides us an opportunity to be an example of recovery principles in action. Understandably, some of our fellow addicts may be frightened of chronic illness. When we encounter fear or misunderstanding from other members, we may choose to share about our illness with them and acknowledge their feelings of fear. Letting them know that we understand their discomfort may help put them at ease around us. We do our best to accept their feelings and welcome any support they are able to offer. It may help us to remember that there are other members whom we can count on for warmth and emotional availability. These fellow addicts offer unconditional love, care, and support.

*“My gratitude for a few addicts and my sponsor leaves me without words to convey my appreciation. They didn't allow me to isolate or wallow in self-pity. Calling and stopping by daily, taking me to meetings, fixing up their cars with pillows and blankets so I could ride comfortably are a few acts of their kindness.”*

One addict helping another is an active demonstration of empathy. By allowing ourselves to experience the therapeutic value of sharing our recovery with other addicts, we are able to concentrate on living. We do not allow the illness itself to become our focal point. There may be times when we are unable to attend meetings regularly or continue with our service and sponsorship commitments. It is important to let our NA friends know that we will not be attending meetings for a period of time and that we are resigning from our service commitments. We experience humility on a deep level when we admit to ourselves and those around us that our illness and treatment have impaired our ability to serve. When we make a decision to step down from our service commitments, we are demonstrating recovery principles. Being honest with our sponsor and sponsees by asking for their support can strengthen those relationships. Keeping in contact with our NA friends when we are unable to be physically present for a period of time is vital. We may ask that they bring a meeting to us. During the time when we are convalescing, we may find that the phone is how we stay connected to NA. We strive to get outside of ourselves and maintain regular communication with our NA support system.

After a period of illness or treatment, it is important that we return to meetings as soon as we are able. The addicts who have supported us will be happy to see us, and the newcomer can benefit from hearing us share about walking through adversity and staying clean. Upon our return to meetings and service commitments, we may find that the landscape of our recovery has changed. Relationships change naturally over time, and our illness may make these changes more pronounced. Some friendships might fade; others will be stronger. Perhaps we will find that those whom we have supported in the past are now there to help us. We accept these changes as a part of the natural ebb and flow of life. We are grateful that NA is always there for us.

- By applying spiritual principles to living with a chronic illness, we focus on living. We don't allow our chronic illness to become the focal point of our lives.
- We maintain our commitment to recovery in Narcotics Anonymous by maintaining vigilant contact with our Higher Power, our sponsor, and our NA friends.
- One addict helping another is an active demonstration of empathy. When we participate in our recovery by sharing honestly and listening with an open mind in meetings, we can avoid feeling like a victim and find gratitude for our lives.

## Chronic Pain

*"The program of Narcotics Anonymous provides an opportunity for us to ease the pain of living through spiritual principles."*

### Basic Text

Chronic physical pain is a medical condition that many of us live with in our recovery. The pain may be a result of illness or injury, but the source is not as

important as the solutions we find. We remember that the spiritual principles that improve our quality of life in good health are the same as those we can use when living with chronic pain. We surrender to the pain, accept our illness, and reach out for help. We have learned that an addict alone is in bad company. Isolation gives our disease a chance to flourish. We can counteract the self-deception of our addiction by sharing honestly about our feelings in meetings, as well as with our sponsor and trusted NA friends. This open communication allows us to experience one of the most powerful tools that this program offers: the therapeutic value of one addict helping another.

*“This is what surrender is: a heartfelt belief in our own fallibility as human beings and an equally heartfelt decision to rely on a Power greater than our own.”*

#### *It Works: How and Why*

We maintain our recovery by consistently practicing a spiritual program in all areas of our life. When we are receiving medical treatment for chronic pain, it is important for us to apply spiritual principles. Sharing honestly with our medical care providers the fact that we are addicts in recovery is helpful. We ask that this be taken into consideration when medications are prescribed. Being honest with our NA friends about our pain and fears is equally important. We strive to remain open-minded and ask our doctors about alternative treatments for pain. Seeking out the experience of other addicts in recovery who have faced similar situations is often beneficial. These members have the opportunity to share with us what worked for them with chronic pain while maintaining their recovery. Being open-minded to experience from those we trust and respect will help us in our decision making. We remain willing to explore all treatment options available to us. We commit to work closely with our sponsor and medical professionals and to draw strength from our Higher Power.

*“With a few years clean I was diagnosed with a disease that required a few surgeries and resulted in chronic pain. I have learned many things from this process, but none more important than the lesson that it is far easier to find ways to manage my pain than it is for me to manage medication.”*

Living with chronic pain gives us an opportunity to experience a new level of responsibility for our personal recovery. We may need to question our pain and our motives using an inventory in the same way we inventoried our character during our Fourth Step. Our sponsor can help with this. We ask ourselves questions about the pain we are feeling and answer them as honestly as we can in order to assess whether we need medication. Addicts are especially vulnerable to our old ways of thinking when we are in pain. Sharing honestly with our sponsor or trusted NA friends will help us keep our pain in perspective. In this situation, we are often surprised to discover how much discomfort we can tolerate without medication. If we take prescribed pain medication, we should remember that our bodies and minds may react. Our

experience shows that we may need to ask for extra help when the time comes to stop taking pain medication, in case we experience withdrawal symptoms. With courage, we reach out and accept the love and support of our sponsor and NA friends.

*“We do not diagnose anyone’s condition or track the progress of our patients—in fact we have no patients, only members. Our groups do not provide professional therapeutic, medical, legal, or psychiatric services. We are simply a fellowship of recovering addicts who meet regularly to help each other stay clean.”*

#### *It Works: How and Why*

The disease of addiction is progressive, incurable, and fatal. We are vulnerable to our disease even after long periods of abstinence. With this in mind, many members have found it helpful to ask for assistance from their NA friends and sponsor in monitoring any prescribed mind-changing and mood-altering medication. Living with chronic pain wears us down physically and mentally. We may find ourselves feeling powerless, hopeless, and weak. Our experience shows that denial, justification, self-deception, and rationalization will be present when we face illnesses or injuries that require pain medication. We will want to work closely with medical professionals and our sponsor during the treatment of pain. Sometimes, with sustained chronic pain in recovery, healthcare providers will prescribe certain medications for pain that are also used as drug replacement medications. It is important to remind ourselves that we are taking this medication as prescribed for physical pain. In this medical situation, these medications are not being taken to treat addiction.

Once again, we find that information about our diagnosis and treatment is very personal. Sharing these details one-on-one with a trusted NA friend or sponsor, instead of in a meeting, can help us remain accountable while still maintaining an atmosphere of recovery. We remember that the primary purpose of our groups is to carry the message to the addict who still suffers. There may be times during our experience with chronic pain when we are the addict suffering. During such times, we may find it beneficial to listen to the experience of others, allowing them to carry the message of recovery to us.

*“Today, I have to get honest with myself and turn to my Higher Power for help. Each time pain medication is prescribed for me, I explore my motives for taking it. Am I taking medication to get high? Am I imagining or magnifying this pain? Is this medication necessary right now? If it is necessary, a network of safeguards can be set up among my sponsor, recovering friends, family, and medical personnel.”*

Our experience shows that many NA members have been successful in taking medication as prescribed for chronic pain and keeping their recovery intact. Some of the actions that these members have in common are regular meeting attendance, close contact with their sponsor and NA support network, and having another addict who knows all the details of their medical treatment. Unfortunately, many of us also have experience with a member who abused their pain medication and relapsed. The reality is that treatment of chronic pain with medication can be very dangerous for addicts. Members who relapse from pain medication may harbor feelings of shame, guilt, and remorse. We can offer these addicts compassion and understanding. Providing meetings with a caring, loving, and nonjudgmental atmosphere where members can honestly admit when they have abused their medication is vital to their recovery. In doing this, we are carrying the message of hope to the addict who still suffers.

- We can inventory our pain and our motives with our sponsor; this offers us an opportunity to be personally responsible and helps us to maintain our recovery while living with chronic pain.
- We should be aware that we may experience withdrawal symptoms when we stop taking prescribed pain medication; we reach out and accept the support of our NA friends and sponsor.
- We can remember that there is no safe use of drugs for an addict. Setting up a network of safeguards to protect us from ourselves may be helpful.

## Terminal Illness

*“We grasp the limitless strength provided for us through our daily prayer and surrender, as long as we keep faith and renew it.”*

### Basic Text

Members of our fellowship may face a terminal illness diagnosis at some point in their recovery. Most likely, those who receive this information will have feelings of fear, despair, and anger. We try not to let our feelings of doubt and hopelessness eclipse our hard-earned faith in a Higher Power. Our literature says that when we lose focus on the here and now, our problems become magnified unreasonably. With this in mind, we strive to live just for today. We learn in recovery that when we share about our pain, we gain some relief. We reach out to our sponsor and NA friends who love and support us unconditionally. We find meetings that offer a safe place for us to share our feelings. When we share with others, we break through the isolation of our disease. We gather courage from the love and empathy of those who care for us. Our experience shows that we can maintain our recovery while living with a terminal disease.

*“When I first heard my diagnosis, I ran through a range of emotions. ‘It’s not fair; I already have the disease of addiction. How much should one person have to deal with?’ During this time I became angry with my*

*Higher Power, fearing I had gotten clean only to die. At the same time I felt guilty—like I had no right to feel all those things. I felt as if I ... should have been grateful that it wasn't worse."*

Our program of recovery depends on daily maintenance. Even with a vigilant recovery program, powerlessness can be a stumbling block for us. We remind ourselves how recovery has taught us to live just for today and leave the results up to our Higher Power. When we face situations beyond our control, we are especially vulnerable to the disease of addiction. Our self-destructive defects may surface and we will want to apply spiritual principles. The Basic Text reminds us that self-pity is one of the most destructive defects, robbing us of all positive energy. We strive to live just for today. The people we surround ourselves with can encourage our surrender and help us break through pain and resentment. We may choose to distance ourselves from those who pity us and thrive on the crisis, rather than the solution. Instead, we seek out the company of other recovering addicts who bring out the best in us, encourage us to move forward, and enhance our spiritual program and our life.

We remind ourselves that we are living with a terminal illness. Facing the reality of our lives when we are hurting is a service we do for ourselves. We can accept the love of our support network in the here and now, without fear of tomorrow. Our experience shows that continuing our participation in daily recovery through meetings and phone conversations helps us feel connected. We remember the important principle we learn in NA of living just for today. By placing the emphasis on life, we can appreciate the day, not rob ourselves of the precious present, and remain free from worry about what the future may hold.

*"At twenty-two years clean, I was diagnosed with terminal illness. Amazingly, through working the program of NA, I instinctively knew what to do—call my sponsor, call my best friends, and talk to other addicts about having to take medications. I received so much help and reassurance from other addicts that I knew my recovery was first."*

Our commitment to our program of recovery in Narcotics Anonymous offers serenity during difficult times. We gain courage from the application of the spiritual principles of the program. We come to understand the powerlessness and surrender of our First Step on a whole new level. The need for faith and sanity that we discovered in Step Two is valuable to us now. By renewing our commitment to turn our will and our lives over to our Higher Power's care, we open a channel that allows this Power to work in our lives. Prayer and meditation are powerful tools that can offer comfort and guidance. The steps are vital in leading us toward acceptance. Through this process, we prepare ourselves to handle the reality of our illness with all the spiritual strength and hope our recovery can provide. We gradually learn to allow for the changes in our body, mind, and spirit.

*"We know that whatever the day brings, God has given us everything we need for our spiritual well-being. It is all right for us to admit powerlessness, because God is powerful enough to help us stay clean and enjoy spiritual progress. God is helping us to get our house in order."*

#### Basic Text

We have many things to consider when we face a terminal illness. Our healthcare providers, our sponsor, and our NA friends can help us. Often with a terminal illness, members need mind- and mood-altering medication. We avoid the tendency to judge ourselves harshly, and we seek out the support of addicts who accept us and love us for exactly who we are. We may not realize how destructive judgment can be until we experience it for ourselves. We don't allow ourselves to be isolated by feelings of fear and inadequacy. Judgment is not therapeutic, but empathy is. We remain engaged in the process of our recovery by going to meetings, working our steps, and reaching out. When we honestly accept and try to be ourselves, we are able to gain freedom from fear and self-pity. We remind ourselves that we are perfectly imperfect human beings, doing our best to live with terminal illness.

In quiet moments of meditation, we may also find courage and answers we are seeking within ourselves. We can use this time to make decisions and plan for times when we may be unable to make our wishes known. Some members may choose to visit their regular meetings to say good-bye to the group. Others will find it comforting to invite their core group of NA friends to bring a meeting to their home or hospital room. The company of other addicts who know us well is a source of comfort and strength. We have found that a strong foundation in recovery prepares us to face all phases of our life with a measure of dignity and grace.

- We are living with a terminal illness in recovery. We accept the love of our NA friends in the here and now, without fear of tomorrow.
- Prayer and meditation are powerful tools. We prepare ourselves to handle the reality of our illness with all the spiritual strength and hope our recovery can provide.
- We avoid the tendency to judge ourselves harshly and don't allow ourselves to be isolated by feelings of fear and inadequacy. Judgment is not therapeutic, but empathy is.

### Supporting Members with Illness

*"Love can be the flow of life energy from one person to another. By caring, sharing, and praying for others, we become a part of them. Through empathy, we allow addicts to become a part of us."*

#### Basic Text

In recovery, we develop intimate and meaningful relationships. When we are close to someone with an illness, whether they are a friend, a partner, or a sponsor, we may find ourselves facing intense feelings. We may feel anger, helplessness, fear, guilt, and sadness. All of these are to be expected when someone we care about is ill. The first reaction to news of an illness or trauma may be to get caught up in our self-centeredness and other character defects. We remember that we have the ability to put spiritual principles into action today. We make the choice to be a positive force in the lives of the people around us. The process of working the steps has given us the ability to love and accept who we are, and become able to truly love others. Taking care of ourselves and being committed to our own recovery allows us to be an ongoing source of strength for those close to us. We remember that our loved ones need our support, not our pity. We strive to set aside the self-obsession of our disease and offer care and concern to our loved ones during difficult times.

*“In the last months I felt that I was never doing enough, that I wasn’t repaying my friend for what he had given me. The guilt was tormenting me. I believed that I wasn’t a good friend at all. But I shared about it with friends and at meetings, and by being open to the message of recovery I realized that I was doing the best I could and that my effort was good enough.”*

Being a source of strength and support for a fellow addict is an honor. We can express love in a number of ways. An NA friend, sponsor, or sponsee may ask us to accompany them to the doctor, or ask for our help in being accountable while they are taking medication. This is not an invitation to interfere with the medical treatment or personal wishes of our loved ones. We greet these requests for support humbly and gratefully, knowing that it takes courage to reach out for help. Making the effort to pick someone up for a meeting or visiting them while they are convalescing are acts of kindness that our fellow members will appreciate. They may ask us to prepare meals, or assist them in other daily activities that they are unable to accomplish on their own. They may also ask for our help in more serious matters like seeking advice from legal or financial professionals. We take care to focus on carrying the message, not carrying the addict. We remember that there are many times when something as simple as a phone call can make a big difference to an addict who feels isolated by illness. We gratefully accept these opportunities to be of service to our fellow members.

*“A man I sponsor, with almost ten years cleantime in NA, telephoned me with some bad news. Doctors said he had an incurable disease that would kill him within sixty days. He lived for two years, however, and continued to work a program of recovery. His courage inspired all of us, and he will be missed. His example in living the NA principles will always be remembered.”*

Like birth, death is a natural part of the life cycle. When we face the loss of a loved one in recovery, we strive to remember this simple fact. Applying the spiritual principles we learn in the steps helps us face reality. Even with time in the program, our first tendency may be to run from painful situations. Facing our fear and reaching out in spite of it demonstrates our faith in action. Our friends need our unconditional love and support now more than ever. We do what we can to assist them in facing the end of their lives with dignity and grace. When we encourage them to reach out and share with us honestly, we may find that there are details about their medical care that they would prefer remain confidential. We honor their requests, and in doing so we honor them. We counter our own self-centeredness by focusing on life, and on the miracle of recovery that brought us all together.

When people we love in NA are facing an illness or injury, the outpouring of love they experience from the fellowship can be overwhelming. This is a testament to the kind of bonds we form in recovery. However, it is important to remember that some addicts' families may not understand our close relationships to their loved ones. They may feel that their privacy is being invaded if groups of unfamiliar people descend on their home or their loved one's hospital room. We remember to extend them the same respect and empathy we give to each other. Our experience has shown that the atmosphere of recovery we cherish in our meetings can translate to these situations as well. Anonymity is also important to remember. In some cases, there may be family members or other associates who are unaware of their loved one's recovery in NA. We can be examples of the spiritual principles of anonymity, integrity, and prudence no matter where we are. In doing this, we display gratitude for our loved one, our life, and our recovery.

- We remember that our loved ones need our support, not our pity.
- We can express love in a number of ways when our loved ones are facing an illness. We can call our friend on the phone, pick them up for a meeting, visit them, prepare meals, or assist them in other daily activities that they are unable to accomplish on their own.
- Dying is a natural part of life. When we apply the spiritual principles we learn in the steps, we are able to face reality and be there to support those we love.

## Conclusion

Coming to accept an illness is a process, like recovery. In the beginning we may experience many familiar feelings like denial, anger, rationalization, self-deception, and grief. It may be helpful to remind ourselves that these feelings are a reaction to a painful situation. When we apply the spiritual principles we have learned in NA, we can reach a place where surrender and acceptance replace the anger and denial. Reaching out can help us break through isolation and self-pity. Acceptance of something doesn't necessarily mean that we like it; we can dislike something and still accept it.

We have a choice today. Like anything else in our recovery, we can make a decision to view our experience with illness or injury not as a crisis, but as an opportunity for spiritual growth. With the help of NA, we strive to surrender to our medical situation and accept the reality of the treatment. We ask for the guidance of our sponsor and our Higher Power when making decisions. We can decide to employ spiritual principles like humility and faith when we reach out for help to our friends in the fellowship. Experience has shown us that maintaining our recovery during times of illness or injury can be done by striving to consistently practice a spiritual program. We become a living resource for addicts who will face similar situations in the future.

We have found that, by following the suggestions offered by the NA program, we can successfully live with an illness or injury while maintaining our recovery. Building a strong foundation in recovery prepares us to accept life on life's terms. Working the steps is a process that teaches us solutions that we can apply to the realities of life and death. We develop the ability to survive our emotions by applying spiritual principles each day. Reaching out for help is an integral piece of our program, and especially important when walking through difficult times. Recovery meetings can provide the support of others who know us well. Our experience may become a valuable tool for another addict who faces a similar situation, and sharing our experience with others strengthens our recovery. The principles of NA help us face anything just for today.

## Suggestions to Follow with Illness and Injury

Some of our members have found the following list of practical tips and suggestions helpful.

- Go to as many NA meetings as possible and read NA literature.
- Communicate honestly with your sponsor to avoid self-will and get suggestions from someone who has your best interests at heart.
- Reach out to other NA members. Ask for support.
- Practice the Twelve Steps and Twelve Traditions.
- Prayer, meditation, and sharing can help us get outside ourselves to focus on something beyond our own discomfort.
- Share your thoughts and feelings honestly and openly with your sponsor and NA friends. They can help us find acceptance.
- Identifying yourself as a recovering addict to healthcare professionals may be helpful.
- Talk to your healthcare provider and sponsor before taking prescription or nonprescription medication.
- Arrange for an NA member's support when facing surgery or other medical treatment involving medication.
- Inventory your medical condition and explore alternatives to medication. Write about your feelings and motives.
- When supporting a member living with illness, remember that they need our unconditional love, not our pity or judgment.
- Continue on your path of recovery in Narcotics Anonymous by applying spiritual principles.

## **Addendum D**

### **IP #24, “Hey! What’s the Basket For?” & IP #25, Self-Support: Principle and Practice 1988 & 1998 Versions**

*We are not required by policy to include copies of literature to be replaced, but we have printed these versions for ease of reference. In the future, however, we plan to discontinue this practice. In future CARs we will simply include a link to the material.*



## **“Hey! What’s the Basket For?” The NA Principle of Self-Support**

### **A member asks . . .**

We have all been told that membership in Narcotics Anonymous costs nothing. “So what’s the basket for?” Someone explains, “NA groups are self-supporting, declining outside contributions. This makes sure we are free to seek recovery our way instead of someone else’s. Before we got clean we took, and took, and took. In NA we learn about self-support and become responsible for ourselves and our fellowship.”

### **Why self-support?**

Self-support is an important part of the NA way of life. While using, many of us found ourselves overly dependent on others. Our families, friends, employers, welfare agencies, hospitals, and jails took responsibility for us when we could not be responsible for ourselves. Our only responsibility was to our addiction. It seemed that wherever we went we were a burden on others. We paid for our dependence in a variety of ways. We could never be entirely free as long as that dependence existed. Our lives were not our own. Our self-centered lifestyle of dependency robbed us of all self-respect. It was a very degrading way to live. One way we start to recover from this degradation is by applying the NA principle of self-support: We pay our own way. Self-support helps restore our personal dignity and freedom. And it does the same for NA groups.

Many groups have something like this written into their meeting formats: “Our Seventh Tradition states that every NA group ought to be fully self-supporting, declining outside contributions. The money collected in the basket pays for rent, literature, and refreshments. It also helps carry the message of NA recovery in our area and around the world. When we need help, NA groups and services are there. The way that we financially support these services is by putting money in the basket.”

NA services have helped all of us. Many of us first heard of Narcotics Anonymous in a hospital or institution when members brought literature and shared their stories with us. Others heard about NA through a TV or radio announcement. We called a helpline to get directions to our first NA meeting. The literature in hospitals and institutions, the TV announcements, and phonelines are the NA services we’re talking about here. If those services had not been there, many of us would not have found our way to recovery. NA services helped all of us find a new life.

When we got to that first NA meeting we sat down and talked with other people just like ourselves. For the first time we were not alone. Others had been as troubled and confused as we were. We heard other addicts share their experiences with addiction and with recovery. Their shared experiences gave us hope that the nightmare we were living could finally end. And as we kept coming back, we got help from others in living and staying clean. We found out that there was life after drugs. We took home pamphlets, books, and magazines written and produced by our own fellowship and bought by our NA group. That literature gave us access to the best of NA recovery in print. We got phone numbers of other members at meetings. We used those contacts every day to stay clean and sane. All in all, the NA meeting gave us the support we needed for a new life.

NA membership gave us back our lives. And though the only requirement for NA membership is a desire to stop using, many privileges come with it. With privileges come

responsibilities. One of the greatest of these is the privilege and the responsibility of paying our own way—to help NA be self-supporting. In active addiction we were always dependent on others. In recovery we begin to support ourselves, and we support the group that supports us. In doing that we help maintain our newfound dignity and freedom.

We also have the privilege of being able to reach out to others with the same help that was offered us. The literature brought into hospitals and institutions, the radio and TV announcements, the phonedlines, the writing and producing of recovery materials, and the meeting itself—they all cost money. By allowing us to support NA groups and services, the basket gives us the chance to reach out further than our own two hands could reach alone. We welcome that opportunity—the chance to give back a little of what was so freely given to us.

The basket represents the paradox of NA recovery—in giving to others we help ourselves. Putting money in the basket is our privilege and our responsibility.

### **How does the basket work?**

From the money members put into the basket, the group pays its meeting expenses: NA pamphlets and books, recovery tokens, refreshments, and rent. When the group is financially sound enough to meet its monthly expenses and establish a one-month prudent reserve, it passes the excess group donations on.

A group should not hold onto large amounts of money. When we do so, we compromise our spiritual principles letting *money, property, and prestige divert us from our primary purpose*. This works against the spiritual focus of our program and certainly does not help us in creating an atmosphere of recovery. It is important for us to understand the spiritual principles on which all of our Twelve Steps and Twelve Traditions are based. When we sincerely try to practice these principles, we find that giving is not only a privilege, it helps us immensely in our recovery and our spiritual growth. To give is to receive, and the more we give, the more we get back—spiritually, mentally, and physically. This is true for the group as well as the individual.

We contribute to NA services at an area level, too. An area service committee (ASC) works for our primary purpose in ways that an individual group can't. Group contributions are vital to an ASC to pay for meeting lists, public announcements, mailings, helplines, literature for members in hospitals or institutions, copying expenses, and literature for public information. The spirit of our Seventh Tradition is also carried on in our regional and world services.

In order to truly carry out our primary purpose, our groups must behave in a financially responsible way so that we can contribute to the NA message being carried at every service level, in every country, to every addict seeking recovery.

It costs money to keep our meetings and our services open and operating. We don't accept outside contributions. If we don't pull together to keep Narcotics Anonymous alive and working, nobody else will do it for us. And we wouldn't have it any other way. Each of us needs to do our part to support the fellowship that supports our recovery. Each of us needs to do what we can to ensure that no one like ourselves seeking recovery need die without having had the chance to find a better way of life. We need to do that because personal recovery—ours and our fellow addicts'—depends on NA unity. NA cannot remain united without the cooperation of individual NA members—us. Ultimately, passing the basket becomes an expression of Narcotics Anonymous unity. As our First Tradition tells us, "Our common welfare should come first. Personal recovery depends on NA unity."

## Self-Support: Principle and Practice

*Being self-supporting is an important part of our new way of life. For the individual, this is usually quite a change.... We, who were unable to function as human beings, now find that anything is possible of us. Dreams that we gave up long ago can now become realities. Addicts as a group have been a burden to society. In NA, our groups not only stand on their own, but demand the right to do so.*

—Basic Text: Tradition Seven

## The Principles of Selfless Giving and Self-Support

### Gratitude in Action

A recovering addict reaches out to help a newcomer, and, through the therapeutic value of one addict helping another, kindles the spark of hope and willingness in that new member's heart as only a fellow-addict can. A newcomer helps clean up after a meeting, and begins to feel the sense of belonging and acceptance that come from helping other human beings in an act of selfless service. A member shares experience, strength, and hope in a meeting, seeing the nods of recognition and empathy— and hearing the grateful peals of laughter—evoked by their having opened their heart to others who know the sorrow, and the joy, of being addicts in recovery. A member who's been around a little while offers a newer member a ride, and unwittingly begins a friendship that will outlast the car in which they ride together to the meeting. Trusted servants at their home group take great care to ensure that there is literature on the table, that the rent is paid, and that there are modest refreshments, creating a welcoming atmosphere of recovery for that shaky newcomer in the parking lot debating on whether to come into the meeting.

As we learn to live the principles of Narcotics Anonymous, we learn to give of ourselves in ways we could never have imagined in our active addiction. This selfless giving becomes a living principle when we reach out to lend a hand and help others. We begin to understand that the principle of self-support is at the very heart of our program, and the paradox of our growing willingness to be of service is summed up in a line from our steps and traditions book, *It Works: How and Why*: "The more we help others, the more we help ourselves." Discovering this truth lends real meaning to our belief that "we keep what we have only by giving it away." As we learn to live this program, we find that gratitude is an action, and we put our gratitude into action by offering help and support to our fellow members through service.

Similarly, when a member places a donation into the basket at a meeting, he or she is breathing life into that group and the NA service structure. That same individual contribution also brings life to the principle of self-support. Just think of the many ways we support one another, without outside assistance—rides to meetings, regular meeting attendance, basket donations, sponsorship, service: If we did not have each other, we would surely be doomed to that old life of dereliction, despair, and untimely death. We learn to trust each other as though our very lives depended on the goodwill of the people sitting next to us at a meeting—because they do.

We come to be of service in many different ways in this fellowship, and, through service, we learn that the "logic" of recovery sometimes seems just the opposite of the "logic" of the street:

We once thought the world owed us a living, and we justified taking what we thought we deserved when the world didn't see fit to meet our demands. But in recovery, we learn that taking only leaves us feeling empty, while giving fills us up. We know from much experience that the amount that we are able to give, whether it be measured in time, effort, or money, is far less important than our willingness to give. We find that our willingness is often repaid tenfold in our own recovery. In the course of learning to practice these principles in all our affairs, most of us come to believe that a personal commitment to the principles of selfless giving and self-support stands as the foundation of our way of life.



*NA members around the world contribute money to help our fellowship fulfill its primary purpose.*

*It is incumbent upon every element of our service structure to use those funds to carry the NA recovery message as far as possible.*

*—Eleventh Concept, long form*

## Funding NA Services

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### Our collective responsibility

Self-support starts at the individual and group level. As individual members, we are each responsible for furthering the success of our program in every way we can. As a society of recovering addicts, we are fortunate that the primary purpose of our groups is so clear and simple: to carry the message of recovery to the addict who still suffers. Self-support ensures that we can carry this message on our own terms, free from outside influences and control. Self-support also allows our groups to be self-governing, guaranteeing each group's autonomy as discussed in our Fourth Tradition. More practically, self-support helps us to ensure that rent for our meeting spaces is paid, and literature is made available to our members and newcomers alike.

Why is self-support so important to an organization like ours? In a word, freedom! As our steps and traditions book *It Works: How and Why* says, "By paying our own expenses, we remain free to carry our own message." The description of our Seventh Tradition in the Basic Text repeats this thought more forcefully: "Our policy concerning money is clearly stated: We decline any outside contributions; our fellowship is completely self-supporting. We accept no funding, endowments, loans, and/or gifts. Everything has its price, regardless of intent. Whether the price is money, promises, concessions, special recognition, endorsements, or favors, it's too high for us. Even if those who would help us could guarantee no strings, we would still not accept their aid. . . . We will not put our freedom on the line." By paying our own way, we remain free to carry our message in our own way, free from outside influences. But this freedom also implies responsibility: We remain committed to supporting our groups, and the services that support them, through our own voluntary contributions.

In addition to this freedom, supporting the NA service structure beyond the group's needs also allows our members to feel a part of a growing fellowship. As a long-time member puts it, "If we don't help support it, we don't own it. Every group should participate in sending money to support our services. That makes a group 'a part of.' It gives them a stake in what's going on." So our principle of self-support ranges far beyond maintaining the group's simple financial responsibilities. Together, we are responsible for the success of all our service efforts. Our

collective willingness to shoulder the burden of supporting our services will determine the success of our efforts to better carry our message to addicts throughout the world.

Funding NA services is therefore our collective responsibility. We truly believe in the principles of our program. We also recognize that, paramount among these principles are selfless giving and self-support. In our recovery, we learn to give more than lip-service to these ideals. We breathe life into them (and, thereby, into ourselves) by becoming of service, and by supporting our trusted servants' efforts, making sure that money is the least of our problems in carrying our message to the still suffering addict. The program works—we are all living proof of *its* effectiveness. But what about NA as an organization that seeks to help suffering addicts find a new way to live? If each of us committed just one-tenth of the resources that we spent on our active addiction to providing service in Narcotics Anonymous, what a powerfully dynamic organization we would be!



*Moving from a self-seeking life to a life based on  
spiritual principles requires us to change profoundly.*

—*It Works: How and Why*

## **Making Recovery More Available**

In the end, it's practicing the principle that counts—individual members and groups giving what they can, as they can, in the principles of selfless giving and self-support. It is our goal in both principle and practice to make recovery available to every addict seeking relief from the nightmare of addiction. Supporting our services helps to make that possible. Our Basic Text spells it out clearly for us:

*We cannot change the nature of the addict or addiction. We can help to change the old lie  
"Once an addict, always an addict," by striving to make recovery more available....*

—Basic Text

We remind ourselves that, alone, we were doomed, but together, living the principles of selfless giving and self-support, all things are possible. We put these principles into practice by being of service, striving to make recovery more available every day through sponsorship, meeting attendance, service, and our Seventh Tradition donations.



*High on our list of priorities should be a commitment to further the goals of NA as a whole. For NA to deliver the services necessary to keep growing and fulfilling our primary purpose around the world, the flow of funds must not bottleneck at any point in our service structure.*

*—Eleventh Concept, long form*

## Contributing to NA Services

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### What Can We Do?

There are many ways that we as individual members can contribute to the success of our program: sponsorship, service in meetings, area and regional service, and, yes, placing Seventh Tradition contributions in the basket. How is this success measured? The discussion of our Twelfth Step in *It Works: How and Why* sums it up for many of us: “Helping others is perhaps the highest aspiration of the human heart and something we have been entrusted with as the result of a Higher Power working in our lives.” Because we know that “we keep what we have only by giving it away,” our members learn the principle of service, and we do our best to practice it in our daily lives.

Our early members created our service structure to help the groups in their effort to better carry the message of recovery. Those members saw that the group needed to focus only upon what it does so very well—carrying our message to addicts. Yet there were other obvious things that our members could do to help make suffering addicts more aware of a new way of life: At the area and regional levels, they saw the need for regularly held meetings in hospitals and institutions; public information presentations; helplines; even area and regional meeting lists. At the world level, they saw the need to provide a central point of information and continuity for all of these services, as well as the ongoing need for the creation and, more recently, translation of literature. These and a host of other services were seen as essential. But our founders also feared that, if the groups themselves were to attempt to provide these services, such a loss of focus would hurt the group’s ability to carry our message. The service structure was created on the group’s behalf to provide such services so that the groups themselves could continue to remain our “grass-roots” support system, focusing solely on the delivery of our message to newcomers and old-timers alike.

We delegate many vital responsibilities to our service structure, and this practice has proven to be a remarkably successful one over the years. The growth and development of our fellowship throughout the world attests to the fact that our service structure succeeds in helping addicts everywhere to find our groups and, in so doing, to find recovery. In 1972, there were perhaps 200 NA groups in the world. In 1982, there were about 2,000. Today, there are well over 20,000 in 90 countries, and our numbers grow stronger every day<sup>1</sup>. NA is alive and well across the globe!

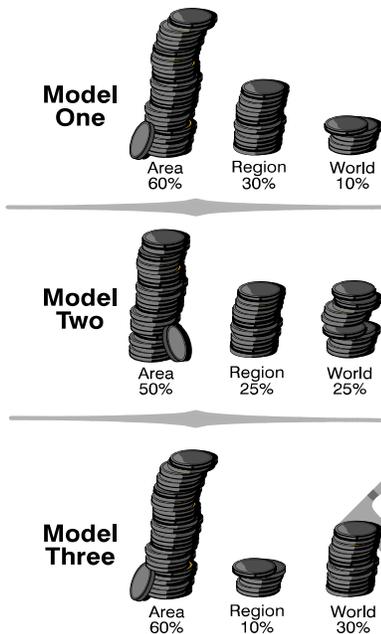
This progress has depended upon members’ support for its success. Such support comes in many forms: most importantly, in members’ willingness to become active participants in their own recovery by getting involved in their groups, as well as in their area and regional committees. Of course, these services also require money to be successful. Unlike our groups, service boards and committees are not self-supporting: They depend upon the groups’ donations to carry out the work that helps bring newcomers to our meetings. Whether it is in

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<sup>1</sup> Published in 1998. As of 2008, there are over 28,000 groups holding over 53,000 meetings in 130 countries.

terms of personal service efforts, Seventh Tradition donations, or both, our group members’ support helps ensure that our service structure is as successful as possible in getting our message to addicts seeking a new way of life.

Like our members themselves, groups, areas, and regions are not required to donate anything to the service structure to be a part of Narcotics Anonymous. So long as a group or service committee follows the Twelve Steps and Twelve Traditions of NA, and wishes to consider itself a part of NA, there are no other requirements for “membership.” But traditionally our groups and service bodies have come to assume the responsibility of helping to shoulder the burden of our shared service efforts at the area, regional, and world levels of service. Our groups elect



Group Service Representatives (GSRs) to represent the group at area service, and at their regional assembly. Our areas elect Regional Committee Members (RCMs) to serve at the regional level. And our regions elect Regional Delegates to serve at the world level. Most of our groups, areas, and regions also choose to contribute to the service structure, helping to pay for the costs associated with providing a wide array of services on the groups’ behalf.

Should the group choose to donate to the service structure, the method by which it chooses to do so is, ultimately, the choice of the group members themselves. *A Guide to Local Services in Narcotics Anonymous* suggests direct group donations to all levels of service, and here are three suggested donation methods:

In simple terms, these numbers represent percentages of the total money the group has available to pass on to other levels of service after it has covered its own monthly expenses. What is left over is donated to the other levels of service, according to your group’s conscience about how to pass on extra money to

support our service structure.

Probably the simplest way to determine which method best suits the group is to examine which levels of service (area, region, and world) provide the most obvious service to the group itself. In some geographic locations throughout the world, groups receive their most obvious benefits from their local area committee. In others, for a variety of reasons, their most obvious benefits may come from the regional or even world levels of service. After looking at these factors, the group can decide what donation method is most appropriate for the group’s situation. The groups should not feel confined to the suggested percentages described here, but may find another breakdown of donations that best suits their circumstances.

Here is a format for your group to record its breakdown of contributions:

Contribution Plan of \_\_\_\_\_  
 (Group Name)

Group Code \_\_\_\_\_

Area Donation \_\_\_\_\_ %

Regional Donation \_\_\_\_\_ %

World Services Donation \_\_\_\_\_ %



*“Our service structure represents all of us in Narcotics Anonymous. It’s not like it’s a separate thing. It’s there to further the message of recovery. I don’t look at supporting our services any differently than supporting a meeting—it all goes to help addicts. And it helps in giving the message where they don’t have the message yet.”*

—Long-time NA member

## Some commonly asked questions and answers

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*Q: Where does the money I put into the basket go?*

A: Typically, a great percentage of the group’s basket donations are taken up by the group’s own expenses—paying rent, buying literature, and other supplies. Usually what’s left over is passed on to the other levels of service, where our donations help pay for area and regional meeting directories, free literature to addicts in treatment and institutions, even public information presentations to professionals and the public at large.

*Q: Can the money I put in the basket really help addicts in other parts of the world?*

A: It really can. When your group, area, and region contribute to world services, the money they send pays for literature translations, free literature to addicts in other countries, coordination of worldwide services and communications, even helping ensure other countries’ participation at the World Service Conference. The money donated to world services helps to pay for many activities and services directed toward worldwide fellowship development so that we can continue to grow and carry our message to addicts across the globe. Examining the explosion of NA outside of the US and Canada over the last decade, we see ourselves fulfilling our program’s primary purpose today beyond our founders’ wildest dreams. Supporting world services helps make this growth possible.

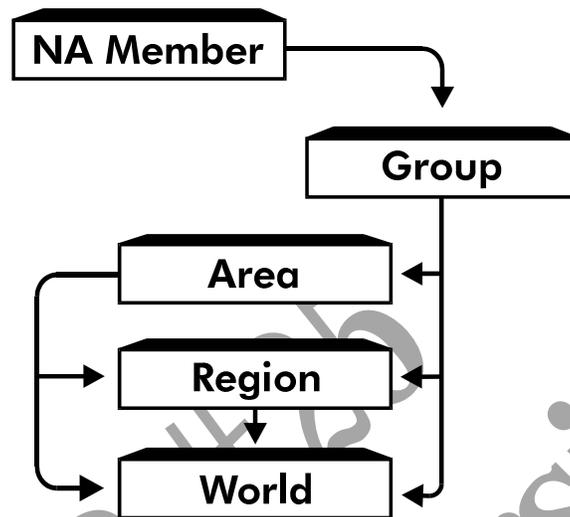
*Q: Some groups announce their treasury balances at a meeting, and they have hundreds of dollars in the bank. Is it OK to keep a big reserve?*

A: In our experience, no. We have found that a number of problems arise when groups, areas, regions, and even convention committees keep more than they need to operate in their reserves. We have seen individuals relapse over stealing NA money that probably should have been passed on to the next levels of service in the first place. We have also seen local fellowships become bitterly divided over “their” money that had been raised by a convention or other activity. Sometimes this disunity lasts years, crippling the effectiveness of the local NA community. Needless problems such as theft of NA funds and trusted servants fighting over money, property, and prestige at service meetings result when our service committees hoard NA funds.

More importantly, the money that sits idly in the bank might otherwise be used to help addicts, both locally, and even in other parts of the world. The principle of self-support means that we use what we need, and we pass along the rest to help others. This principle forms the basis of our way of life.

Q: *Is it OK for my area to donate to both the regional and world levels of service?*

A: Of course. Your area can donate to your region and to world services if it chooses to do so. As it says in *A Guide to Local Services*, “Narcotics Anonymous groups directly support area, regional, and world services from money left over after covering their own expenses. Area committees ...are encouraged to do the same with their surplus funds, sending it on to the other levels of the service structure.” Here is a chart that demonstrates how funds can flow through our service structure:



Q: *How can an individual member contribute to our service structure?*

A: For individual members, there are many ways to be of service in NA. The first half of this booklet describes many of those opportunities to serve. In terms of donating money to NA services, many individuals find that NA birthdays are an excellent time to give something back. Some members make special individual “gratitude” donations on birthdays, contributing a dollar or more for each year clean. Other members like to present their home group with literature to be provided free to newcomers—the ways in which we can express our gratitude and support our members are limited only by our creativity.

You can donate to your local service community by your group deciding that a percentage of the money collected in your meeting’s basket be passed on to the other levels of service.

If you would like to make a direct donation to world services, please send your donation in care of the:

World Service Office  
 PO Box 9999  
 Van Nuys, California 91409  
[www.na.org](http://www.na.org)



# **Addendum E**

## ***In Times of Illness***

### **1992 Version**

*We are not required by policy to include copies of literature to be replaced, but we have printed this version for ease of reference. In the future, however, we plan to discontinue this practice. In future CARs we will simply include a link to the material.*



## In Times of Illness

Recovery does not guarantee us freedom from living life on life's terms. In Narcotics Anonymous we can learn to accept the reality of life, which sometimes brings us illness or injury. We've learned in NA that we can apply spiritual principles to help us get through these difficult times. When we admit that we are powerless, we can accept our illness and any necessary medical treatment. It may help to admit that we are also powerless over the feelings we experience when we are ill.

Illness or injury is stressful, and stress can place us at risk of relapse. Often, we need the NA program even more when we are faced with illness. We can prepare ourselves for these stressful times by doing our best each day to lay a strong foundation in recovery. The steps we take today will serve us well when we need them.

Coming to terms with illness is a process. It is a process in which we often experience denial, bargaining, anger, grief, surrender, and acceptance. However, it's comforting to realize that these stages are a normal part of this process. Acceptance of something does not necessarily mean we like it—we can dislike something and still accept it.

*“I was able to get clean in spite of agonizing pain. I asked God, ‘Why me?’ I found myself lacking in faith, acceptance, and hope. I just suffered through that first year and stayed clean by God’s grace. Sometime during my second year in recovery, I began applying the principle of surrender to my illness and developing a closer relationship with my Higher Power.*

*There are many days I wish things were different. Some days I still ask, ‘Why me?’ I now know that I can experience chronic illness and not return to active addiction. Sometimes I still get a case of the ‘if onlys,’ and other addicts share with me that they do, too. Even so, each day I thank God for the gift of NA, my life, and the love I have as a result of this recovery program.”*

It is important to share about our illness with our fellow recovering addicts. If possible, we attend more meetings than usual. If we are unable to attend meetings, we can ask that meetings be brought to us. The support of others is crucial when we are ill or injured.

Our experience in recovery shows us that we have a choice; we can view any experience as a crisis or as a time for spiritual growth. In this sense, illness and injury are no different than other life experiences. Even though it may seem more difficult to sustain the daily footwork of recovery while we are suffering, our solutions in illness are the same as those in good health. We can maintain our recovery during times of illness by consistently practicing a spiritual program.

### Informing our Doctors

It is difficult for any doctor to provide us with adequate health care unless we are honest about our addiction. It is essential that we let our doctors know that we are recovering addicts. It may be necessary to tell them a little about addiction as we understand it. Most importantly, we make it clear that we choose not to take medication unless it is necessary. Our honesty will help our doctors accurately assess our needs.

*“A woman I sponsor was scheduled to have major surgery. She felt shame and was afraid that the medical personnel would treat her differently if she told them she was an addict. Rather than lose face, she was willing to risk her recovery. Thank God, she shared those feelings with me. I helped her to see that it was important to walk through the fear and inform the medical personnel of her addiction. She chose to be*

*honest with her doctor. As a result, her recovery was strengthened rather than jeopardized.”*

While our doctors are responsible for our medical care, we are responsible for our recovery. We have a right to participate as an equal partner by informing our doctors of our needs and asking about our options.

## **Medication in Recovery**

Narcotics Anonymous as a whole has no opinion on outside issues, including health issues. We are concerned with recovery from the disease of addiction. Although our recovery is complicated when we experience disease or injury, this does not have to lead us away from recovery.

The ultimate responsibility for making medical decisions rests with each individual. If we choose to accept it, however, a great deal of support is available to help us make these decisions. For instance, we can practice the Twelve Steps, maintain frequent contact with our sponsor, write about our feelings and motives, and share at meetings. With the support of others in Narcotics Anonymous, we find the strength we need to make healthy decisions for our own recovery.

The use of medication in recovery is often controversial. It's good to remember that the Basic Text recommends consulting professionals concerning our medical problems. When we remember that the only requirement for membership is a desire to stop using, we as members can set aside our judgment of others. Clean time is an issue for each of us to resolve individually with our sponsor and our Higher Power. An attitude of judgment on our part could cause great harm to another addict.

*“I was one person who believed that, if you used anything for any reason, it was considered a relapse. Until I was faced with this situation in my own recovery, it didn't dawn on me that I might have to take medication. I can remember going to meetings and having people ask me if I'd relapsed, and telling me to pick up a white chip. This really hurt and scared me, I felt rejected and very alone because no one seemed to understand that I needed strength and hope.”*

When someone we know has been taking prescribed medication, we can help them by offering support and by sharing our experience, strength, and hope. We fulfill our primary purpose by supporting another addict's recovery with an attitude of care, love, and concern.

The power of the disease of addiction cannot be underestimated. Regardless of how we work our mental and spiritual program of recovery, we may react to medication like we did when using drugs. It doesn't matter what the medication is or whether it was our drug of choice. Any medication may unleash the craving and the compulsion that haunted us while we were using. Our experience has shown that no drugs are risk-free for us.

*“My body does not know the difference between taking needed pain medication and abusing drugs. Today, I have to get honest with myself and turn to my Higher Power for help. Each time pain medication is prescribed for me, I explore my motives for taking it. Am I taking medication to get high? Am I imagining or magnifying this pain? Is this medication necessary right now? If it is necessary, a network of safeguards can be set up among my sponsor, recovering friends, family and medical personnel so that I'm not in control of the medication. I would probably be the worst person to regulate or control the taking of any drug.”*

Just as we may view illness as an opportunity to justify using drugs, we also may go to the other extreme. Sometimes we stubbornly insist that we know better than the doctor, refuse all

medications, and neglect problems that require attention. Ignoring health problems because of fear or pride may, in fact, make matters worse for us.

*“When I was about a year and a half clean, I suffered my first bout of a recurrent illness. My sponsor told me not to be a martyr and to go to my doctor, who knows that I am a recovering addict. I didn’t listen, and as a result I was hospitalized for five days, in traction and on strong medication. If I had followed my sponsor’s suggestion, I would have been on a milder medication for a much shorter period of time.”*

Over-the-counter drugs can also pose a very real threat to us. Even though some over-the-counter drugs are marked “non-narcotic,” they may be mood-altering. It is important that we consider their use as carefully as the use of any other medication. Any drug, prescription or non-prescription, has the potential to be abused.

Sometimes, alternative methods of treatment can be used. Many of these methods require little or no medication or the use of medication that doesn’t alter our moods or our thinking. This is another way in which we can exercise responsibility for our recovery, even during illness. Some NA members share that they have felt spiritually strengthened by exploring and utilizing these alternatives.

By living the Narcotics Anonymous program, we find a measure of consistency in our lives. We can also apply the program to help us find balance when we are ill. Sharing openly with our doctor and our sponsor, relying on a Higher Power, and practicing the Twelve Steps are ways to help each individual find a balance that is comfortable and appropriate.

## **Emergency Care**

Sometimes, emergency room treatment becomes necessary. When this happens, we are often asked to make quick decisions. It would be easy to rationalize or justify the use of medications that may not be necessary. It’s a good idea to have another addict to support us in these difficult situations if possible. Relying on others can alleviate the fear and irrational thinking that we may experience when we face emergencies alone. Isolation is often dangerous for addicts at times like these.

*“Even though I thought I was alone, I wasn’t—because I prayed. I then called my sponsor, who met me at the emergency room. Once there, I was examined and offered medication. I explained my addiction to the doctor and asked if not taking the medication was life-threatening. With my sponsor’s support, I was able to make an informed decision.”*

The presence of a trusted friend and faith in a Higher Power are invaluable in an emergency situation. The strength we gain from this support can help us make decisions that will enhance our recovery, instead of endangering us. Even in an emergency, we can still apply our program of recovery.

## **Chronic and Terminal Illness in Recovery**

Some members may be faced with the diagnosis of a chronic or terminal disease. It is only natural for this news to be received with fear, despair, or anger. Doubt and hopelessness may eclipse our hard-earned faith in a Higher Power. We have found it possible, however, to continue our recovery while struggling with a chronic or terminal disease.

*“When I first heard my diagnosis, I ran through a range of emotions. ‘It’s not fair; I already have the disease of addiction. How much should one person have to deal with?’ During this time I became angry with my Higher Power, fearing I had gotten*

*clean only to die. At the same time I felt guilty—like I had no right to feel all those things. I felt as if I were whining when I should have been grateful that it wasn't worse."*

The mood swings and feelings we experience as a result of illness are normal. We give ourselves permission to feel exactly as we do, and to look for ways to cope, not escape. We can view our illness as a curse, or we can walk through it in a positive manner that will work toward our benefit. Once again, we find ourselves in one of life's situations where our attitude will play a large role in how successfully we pass through the storm. In fact, our survival and recovery depend on our mental and spiritual approach.

A renewal of our commitment to seek recovery in Narcotics Anonymous is essential at times like these. By renewing our commitment to turn our will and our lives over to our Higher Power's care we open a channel that allows this Power to work in our lives. Prayer and meditation are powerful tools in seeking the best path through our illness.

Reaching out to others who are living with a chronic or terminal illness will help us to realize that we are not alone. Giving our support to and sharing our experiences with others can help us to avoid the self-centeredness that is at the core of our disease.

*"My gratitude for a few addicts and my sponsor leaves me without words to convey my appreciation. They didn't allow me to isolate or wallow in self-pity. Calling and stopping by daily, taking me to meetings, fixing up their cars with pillows and blankets so I could ride comfortably are a few acts of their kindness."*

The importance of our continued involvement with the fellowship cannot be over-emphasized. Although some of our fellow addicts will be frightened of chronic and terminal illness, there will always be members whose warmth and emotional availability we can rely on. If we encounter fear or misunderstanding in other members, it can be used as an opportunity to share about our illness with them, or simply acknowledge their feelings of fear. We can let them know that any support they are able to offer would be welcomed.

Although not all of us are directly affected by a chronic illness, most of us will know of someone who is suffering from a serious disease. It may help us to remember that our Basic Text says, "Separation from the atmosphere of recovery and from the spirit of service to others slows our spiritual growth." It is our responsibility as recovering members of NA to provide the unconditional love and support that is so desperately needed by our seriously ill members.

*"The last months, I felt that I was never doing enough, that I wasn't repaying my friend for what he had given me. The guilt was tormenting me. I believed that I wasn't a good friend at all. But I shared about it with friends and at meetings, and by being open to the message of recovery, I realized that I was doing the best I could and that my effort was good enough."*

People who are close to someone who is chronically ill, whether they are a friend, a partner, or a sponsor, may find themselves dealing with feelings of helplessness, fear, inadequacy, and sadness. All of these feelings are to be expected when someone we care for is ill.

Perhaps the most painful feeling is the anticipated loss of a loved one. During these times, we need to remind ourselves that our loved one is *living* with an illness. By placing the emphasis on life, we can appreciate the day, not rob ourselves of the precious here and now, and remain free from worry about what the future may hold.

*“A man I sponsor, with almost ten years clean time in NA, telephoned me with some bad news. Doctors said he had an incurable disease that would kill him within sixty days. He lived for two years, however, and continued to work a program of recovery. His courage inspired all of us, and he will be missed. His example in living the NA principles will always be remembered.”*

Working the steps is vital in leading us toward acceptance. Through this process, we prepare ourselves to handle the reality of illness with all the spiritual strength and hope our recovery can provide. We gradually learn to allow for the changes in our body, mind, and spirit.

We have found that we can cope with illness or injury if we follow the simple suggestions offered in this pamphlet. Building a strong foundation in recovery gives us an advantage. We can survive the ups and downs of life by applying spiritual principles each day.

### **Suggestions to Follow When Faced with Illness**

Some of our members have found the following list of suggestions helpful in dealing with the impact of illness on their recovery.

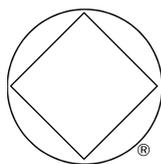
- Go to as many NA meetings as possible.
- Work closely with your sponsor.
- Read NA literature.
- Reach out to other NA members. Ask for support.
- Write about your feelings.
- Practice the Twelve Steps and Twelve Traditions.
- Pray and meditate.
- Share your thoughts and feelings honestly and openly.
- Identify yourself as a recovering addict to health care professionals.
- Talk to your doctor or pharmacist before taking over-the-counter drugs.
- Arrange for an NA member to be with you during surgery or other medical treatment involving drugs.
- Honestly evaluate your condition and explore alternatives to medication.
- Continue on your path of recovery in Narcotics Anonymous.





## **The Twelve Steps of Narcotics Anonymous**

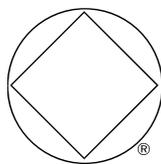
1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.



## **The Twelve Traditions of Narcotics Anonymous**

1. Our common welfare should come first; personal recovery depends on NA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or NA as a whole.
5. Each group has but one primary purpose—to carry the message to the addict who still suffers.
6. An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every NA group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.





## **Twelve Concepts for NA Service**

1. To fulfill our fellowship's primary purpose, the NA groups have joined together to create a structure which develops, coordinates, and maintains services on behalf of NA as a whole.
2. The final responsibility and authority for NA services rests with the NA groups.
3. The NA groups delegate to the service structure the authority necessary to fulfill the responsibilities assigned to it.
4. Effective leadership is highly valued in Narcotics Anonymous. Leadership qualities should be carefully considered when selecting trusted servants.
5. For each responsibility assigned to the service structure, a single point of decision and accountability should be clearly defined.
6. Group conscience is the spiritual means by which we invite a loving God to influence our decisions.
7. All members of a service body bear substantial responsibility for that body's decisions and should be allowed to fully participate in its decision-making processes.
8. Our service structure depends on the integrity and effectiveness of our communications.
9. All elements of our service structure have the responsibility to carefully consider all viewpoints in their decision-making processes.
10. Any member of a service body can petition that body for the redress of a personal grievance, without fear of reprisal.
11. NA funds are to be used to further our primary purpose, and must be managed responsibly.
12. In keeping with the spiritual nature of Narcotics Anonymous, our structure should always be one of service, never of government.