



**NARCOTICS
ANONYMOUS
PRODUCTIONS**

June 2010

NA TODAY

free publication of the Australian region

**Anonygirl in
the city**

ZIP

GOOD

MOVING





The NA Today Magazine welcomes articles from all readers. Articles can be your own story, experience, strength and hope, a response to any article that has appeared in the NA Today, or can simply be a viewpoint about an issue of concern in the NA Fellowship.

Articles should be no more than 800 words, and we reserve the right to edit. All articles must include a name, address, and phone number. First names and last initial will be used as the signature line unless the writer requests anonymity.

The NA Today Magazine belongs to all members of Narcotics Anonymous. Its mission therefore is to provide recovery and service information, as well as recovery-related entertainment. In keeping with this mission, the editorial staff are dedicated to providing a magazine which is open to articles and features written by members from around Australia, as well as current service and convention information.

Foremost, we're dedicated to the celebration of our message "that a addict can stop using, lose the desire to use, and find a new way to live."

The NA Today presents the experiences and opinions of individual members of Narcotics Anonymous. Opinions expressed are not to be attributed to NA as a whole, nor does publication of any article imply endorsement by Narcotics Anonymous, The NA Today, or the Narcotics Anonymous Regional Service Committee.

The NA Today Magazine welcomes the participation of its readers. Send us your experience in recovery, your views on NA matters, cartoons, ideas etc to:

natoday@na.org.au

or to the
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Letter to the Editor

I sympathised with the member who in the February edition of NA Today, wrote about their trials at "being a dope smoker in Narcotics Anonymous".

I've heard members with many years clean time share about their journey of first drinking, then smoking pot, and finally "when I first used narcotics". This got me to thinking of what the term 'narcotic' actually means.

According to most dictionaries that I consulted, it has two meanings. The first is anything that induces a state of narcosis, and the second is a medical term for the class of drugs more accurately known as opioids.

I squirm when I here OCMs share about types of drug that they used in the presence of newcomers who have just shared about how they are there for problems with completely different drugs!

For me, the lesson is that we should refer to our 'using' only, and therefore maximise the potential for newcomers to feel identification. Regardless of the drug, if a persons problems with it led them to be sitting on a chair in a Narcotics Anonymous meeting, then to me that's a valid addiction problem.

It strikes me as a crying shame that some of those people might choose to not hang around because the people they heard at their first few meetings implied that opioids are the only real narcotic.

Anonymous

Etiquette of the Old School

I was sitting in my Home Group just before the meeting started the other night quietly observing the passing parade. I was reminiscing over what it was like when I first came to NA all those years ago. It was a big meeting this particular night with over eighty members in attendance. Throughout the meeting there was amazing pearls of recovery wisdom shared, many a warm cascade of laughter - all of which was lightly spiced with plenty of distractions. Depending on where I'm at, at the time, depends on how I react to these distractions or whether indeed I am the cause of them!

As I was pondering, the booming voice of my first sponsor burst into my conscience (as it often does!). You see he was probably the most profound teacher I've ever had the privilege of being taught by. I was as ready as the dying are to learn what I needed to stay clean and I believe that he did a splendid job! He was from the Old School and that's why I chose him. He was as steady as a rock and would often share about the message handed down to him from his sponsor, who at the time was twenty years clean. They both in turn talked about my sponsor's sponsor with an almost reverent tone and regularly referred to the grandfather of all their sponsors who had departed many years ago – clean!

My memory was recalling his tales of meeting etiquette. These are things which I try my best to stick by today as did back then, although today I do it because I want to and know it works, in the beginning mainly because I was terrified of getting in trouble! The truth is that I would break at least one of them nearly every meeting – there is always something to work on in recovery! Always with a focus on the newcomer, and in line with unity and respect for our common welfare, this is what they said:

☺ Always be seated in the meeting with your coffee before the meeting starts ☺ don't leave the meeting until the end

unless you really have too – and if you do, *never get up while someone is sharing* (especially a newcomer as they may personalise it!). Always wait until they have finished – nothing is that important! When coming back into a meeting or if you arrive late (naughty!), always stand at the back until the speaker has finished and *then* take your seat ☺ Always share if you get asked – even if you feel like you’re gonna die and can only say a sentence – doing that gives others freak-ing out the courage to do it too! Imagine everyone said ‘no I’ll just ID thanks ☺ if you really feel the need to talk to your neighbour during the meeting then whisper really quiet (remember how you felt when you were new and people were whispering? Did you ever think it was about you!?) They would say ‘save it until the second half of the meeting!’ ☺ The newest one, texting and playing games on the mobile – not the most respectful thing to do while someone is sharing...

And then there was the old ‘*If you’re in the Chair*’ spiel which went:

- Always get a strong, positive speaker to open the sharing part of the meeting,
- ask if there is anyone there for their first NA meeting and whether they’d like to say their first name (most people at their first meeting don’t know what it means to ‘ID’),
- ask if there is any visitors from out of town and ask them to share during the course of the meeting – visitors generally have something new to offer an NA community and being away from home it helps them connect,
- where possible always alternate between male and female,
- always ask someone you don’t know if they’d like to share,
- always ask the person you have the biggest resentment with to share – builds character!
- Remember principals before personalities – don’t ask

- only your friends to share,
and the big one – always get the cleanest member in the room to close the meeting – this is how we keep them coming back!

Sounds pretty full on hey! This is their (and now my) experience with caring and sharing the NA way and it works. They were always clear that these are suggestions – take them or leave them. They would always remind me however that when jumping out of a plane, it is suggested that you pull the parachute chord – suggestions are usually on the money!

I now have sponsees that sponsor members who sponsor still others. We know it as the Sponsorship Chain and often refer to the members in that chain with family names such as ‘my grand-sponsor’ (my sponsors sponsor) or my ‘recovery brother’ meaning we both have the same sponsor and so on. This is an incredible resource – nearly all recovery challenges have been met with this gang – there is nothing together that we can’t get through clean. We are still passing on the suggestions that were given to us and just for today, we are staying clean and living productive lives within our fellowship and within our society. Awesome Stuff!!

Nathanael M – Gold Coast



Letter from Long Bay

My name is Andy and I am an addict. I am currently in a jail in Australia awaiting sentence. I'm 46 years old & have had a drug addiction for the last 28 years. I've never been out of work in my life and have never spent time in a jail. I never thought I would spend time in a jail.

I had a happy childhood with loving parents, I never admitted I had a problem until ending up in jail with a serious drug charge and it was a conversation with the drug and alcohol counsellor at the jail who made me realize I was an addict and had been for a long time

He suggested I attend NA, which is held weekly, and I agreed, and I'm glad I did. It's at these meetings and through sharing my experience that I can see where I've been and the mistakes I've made. My manageable drug taking did affect my marriage, I see that now. It did suppress my appetite to reach my potential. I never hurt anyone intentionally, but can now see I did.

I enjoy the group meetings, they have a therapeutic value for me which I love and I know from talking to other members that they reap the same benefits. I will be going to NA when finally released and will try to get more involved with educating people in society and in jails about the dangers of addiction.

My future is bright even in my current predicament. I wish you all happiness and contentment. Stay strong and positive with a smile on the dial and the rest will fall into place.

Andy - Long Bay

Relationship Detox

If I want to detox my body, there are any number of 3 day, 7 day or 14 day detox regimes I can purchase to help me rid my body of “toxins”. I have given up smoking 8 years ago. I gave up drugs over 13 years ago, but I never gave up “relationships”.

I met my husband when I was 50 days clean, and when I say “met” I mean I took him hostage. I had left a boyfriend of 7 years behind in Sydney – neither of us had officially said it was over, yet here I was embarking upon another “relationship” with someone new. So, fast-forward 4 months and we are engaged. I mean why waste time, he was 45 and I was 35 – and we were both addicts in recovery. Only I was in recovery at that stage from drugs only. I had absolutely no idea that when they said “don’t get into a relationship in early recovery”, that I ought to have taken that advice on board.

Fast-forward again to July, we are going to be parents. How the hell did that happen? Gee I don’t know, give me a hint....anyway again he was 45 I was 35 – we might not get another chance...so why not! Married by the October and parents the following February. Oh, yeah by the way I turned one year clean in the November, on my first NA birthday I was 6 months pregnant and 1 month married. Talk about distractions...I like mine big, I’m an addict, I wanted it all and I wanted it now.

I tried monogamy for the first time in my life. I’d never done it before so why not give it a go. Being in a monogamous relationship is great, but (yes, there is a but) I didn’t get to look at my old behaviour around men and sex and leave it behind. Consequently, like all defects of character unless you are “entirely ready” they just hang around, waiting for an opportunity to remind me how little I had changed.

Fast-forward 12 years, still married, a productive responsible member of society, all looked good from the outside. But as we know recovery is an inside job. I have taken a giant leap of faith and called time-out on my marriage. I am “entirely ready” to have these defects removed; the defect of manipulation of the opposite sex, the defect of dishonesty, the “front” that I have worn like a favourite frock when I am around a man I find attractive, to have this need to “conquer” them to regain my power, and re-affirm my sexuality. This behaviour does not feel good at 13 years clean. It feels really old, really juvenile and really not who I want to be.

I want my “authentic” self to be what attracts people to me, of both sexes in all my relationships. I need to find my “authentic” self. Steps 1 – 4 will help me clear up the wreckage of my past. Step 10 will keep me in the day and remind me to look at where I “slip” back.

But what I really need and I am now not afraid to do is to just have a “love affair” with myself. Take the time to look at how I act out. I was too afraid to be alone when I got clean. I had never not been in a relationship. I was addicted to being in them. I thought they served me well, I felt wanted, desired, and powerful. They all came at a high price; my self-esteem, my pride, these were stripped away in a haze of sex, drugs and violence.

Luckily I have the gift of self-awareness, given to me by this program, always available to me if I want to get out of my denial, my insanity and my addiction. I am hopeful for my future; I got that hope in NA. I get it from my sponsor, my sponsees and my friends.

My name is Georgina, and I am an addict.

The Top Ten...

This edition we'll be looking at the top ten signs you're in danger of relapse...

1. You can't remember what your sponsor looks like
2. You think the pub would be a good venue for a meeting
3. You're having a BBQ so you invite all your friends; including your old using friends
4. When someone asks you about "the steps" you say you've always walked this way
5. You think a broken nail is a valid excuse not to go to a meeting
6. Your daily program is about what's on the telly
7. Your plan for when you want to use is a cup of tea and biscuit
8. You think a sip of an alcoholic drink is OK if the bottle cost more than \$50
9. You think half a box of panadeine and some valium are appropriate for a slight headache
10. You're in town and someone asks you if you want to get on and the person you call is your old dealer to compare prices.

NA is Not a Hot House of Mental Health

I heard this statement that “NA is not a hot house of mental health” when I was new. I laughed along with everyone else, but I didn’t realise how true it was until recently.

I have been around long enough to see the fellowship grow and shrink and grow again and no matter how much unity there is or not, there always seems to be a few very negative people hanging around the edge bagging everyone and causing trouble. In fact I don’t even think they are hanging around the edge, I think they are on their way out and are trying to poison the well as they leave.

An old timer said to me the other day, that sometimes we forget how mad the people in NA really are, and for me that was true – I often make the assumption that I am talking with reasonable rational human beings, and sometimes I’m definitely not. People have their own agendas and motivation and some people are simply looking to knock others down. They haven’t learned to care properly yet, and some never will probably, because we have a very serious disease, and the ones who tend to recover are the ones who make the full commitment, give them selves completely to this simple program.

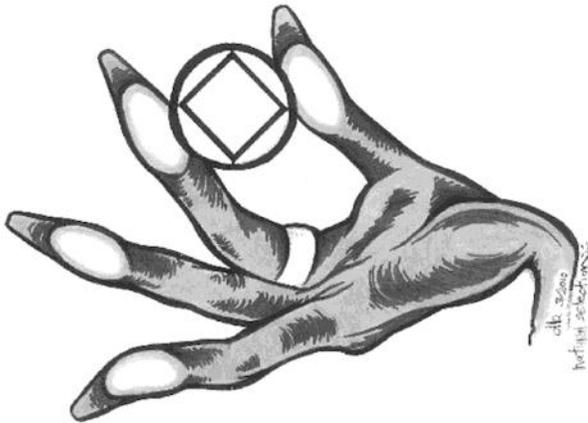
I believe it’s important to inoculate ourselves against the negative behaviour of those who are not living the program in a happy healthy way. We inoculate with staying positive, by not participating in the bitterness and bagging of others. Not building armies or getting caught up in wars between people that half the time just start from mindless gossip or Chinese whispers or are not even your business. If I get find myself saying negative things about others, I need to ask myself why I am doing it. Because I believe that if I am pointing the finger, there are three fingers pointing back. I have witnessed in my recovery that those who point and blame the most

have the most to hide.

I have chosen a way to live. I don't need to get caught up in other people's drama. In fact one of the ways I do this is to ask myself, "is this my business"? If the answer is no, I should leave it alone.

You can probably tell by reading this that I've been caught up lately in other people's stuff – it's true I have, but I've gone alright and I want to keep going OK, so I do my meetings, I talk to my sponsor honestly, I share when I am asked and I avoid the very negative people as much as possible. I love NA and want to remember that when I am affected by other people, that they are just individuals not NA as a whole.

Anonymous



The Courage to Change the Things We Can

I often hear people say about the NA program, I don't know how it works." This professed ignorance is quite common and yet there is a chapter in our basic text entitled "How it works. Its substance is the twelve steps and prologue, and is read at every meeting. What is the problem here???????

Perhaps the program as outlined doesn't adequately convey the experience we know as recovery. This is understandable because the steps were largely the work of Bill W (a recovering alcoholic in America in the 1930's) and the first 100 members of AA. Their total clean time was small. Despite this inexperience millions of people all over the world have benefited from programs based on these twelve steps. (Our steps of NA are identical with those of AA except the word "alcohol" has been replaced with "addiction").

However, while the spiritual essence of recovery may be unchanging, the language in which it is expressed is a product of its time.

Consequently, along with the message of recovery, the steps also contain some of the moral values prevalent in America 50 years ago. Bill W was aware of this potential problem and suggested that the steps should not be "chiseled in stone", but should evolve along with the fellowship. As yet no changes have occurred.

Isn't it about time we NA members produced our own formulation of recovery? While it is undeniable that any questioning of the steps is controversial, fear and complacency should not prevent us from facing this very real problem. It must be remembered that the steps are not "Gods' own words" - they are not even our own steps. They are just the words that best expressed the experiences of those alcoholics who wrote them. The words of recovery are not the real

recovery. Recovery is what each one of us experiences by staying clean a day at a time in the real world.

Individually we apply our notions of recovery to our lives and share our findings at meetings. Consequently, everyone who works the program helps everyone else who wants to stay clean, and is in turn helped by everyone else who is on the same path. In practice all recovering addicts change the course of NA in their individual way; thus the message of recovery remains alive and relevant, not a dead museum piece.

Certainly the steps guide us - but more and more we guide each other. We are forced to because the language of the steps is becoming increasingly irrelevant to today's society. For example, I often try to explain to skeptical newcomers that the whole flavour of the steps and especially expressions such as "moral", "God as we understand him", and "prayer" are not necessarily borrowings from Christianity. This task is exceedingly difficult because that is exactly what they are. Also the masculine gender specified for God is another well known obstacle to some potential newcomers, as well as a continuing thorn in the side of so many older members.

All suffering addicts deserve recovery. Some of us are now hindered or even turned away by the unintentional dogma encoded in the steps. Some members continue to deny that there is a problem by asserting - "if they (new-comers) want recovery enough they will accept the steps as written." While this contains an element of truth it is hardly in line with the spirit of helping the addict who still suffers. The steps were originally formulated to make things easier, not to present yet another obstacle to what is already a difficult enough task. Let's have the honesty, open-mindedness and willingness to examine the steps in the light of many years of accumulated wisdom, and have the courage to make any changes found necessary.

What follows puts some ideas on paper, and is included merely to rouse the imagination to the great freedom such a letting go of old ideas allows.

1. *We admitted that we were powerless over our addiction; that our lives were unmanageable.*
2. *We made a decision not to use drugs for today and to go to a NA meeting if possible.*
3. *We felt crazy but came to believe that a power greater than ourselves could help us if we surrendered our will to it.*
4. *We made a decision to contact this power by continuing work on the steps with patience and humility, under the guidance of our sponsor.*
5. *We wrote down pertinent facts about our lives, including people we had harmed, following the guidance of members who had already done this step.*
6. *We went through this inventory thoroughly with a person in greater contact with their "higher power" than us.*
7. *We found patterns in our behaviour that we were unaware of; that we were powerless over some of our personality traits.*
8. *We made a decision to face the reality of our life; plus step two and step three.*
9. *We humbly asked our "higher power" to guide us both in removing those personality traits that were causing us pain, and in making genuine amends to people we had harmed.*
10. *We continued the process started with step five and spent time reflecting on our newly unfolding experiences. When we were wrong we promptly admitted it.*
11. *We sought improved contact with our "higher power" through meditation; obtaining guidance directly from our unfolding conscious contact.*
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.*

REMEMBER...



NA TODAY NEEDS YOU!!!!

**SEND YOUR ARTICLES, LETTERS,
CARTOONS AND GRAPHICS TO:**

**NATODAY@NA.ORG.AU
OR**

**c/- FSO
1ST FLOOR, 204 KING ST
NEWTOWN NSW 2042**

On the Soap Box

When I first came to NA it seemed clear to me that the cliché "Our ends are always the same, jails, institutions and death", was a truism. Even though it sounded dramatic, jails, institutions and death were the ultimate ends to our addiction. Admission to any type of institution was seen as a negative outcome of our using and an unfortunate place to end up.

It is interesting today to hear so many people speaking of rehabs in such a positive light. It is equally interesting and discouraging to hear old timers encouraging newcomers, even those who appear to have stopped using, to go to rehabs when our program so clearly advocates the opposite opinion.

There has been a change in perception whereby rehab is seen by some as preferable to NA and even a positive therapeutic experience rather than a negative outcome of using.

I have heard many newcomers loyal to their rehabs justifying the bizarre theories they were taught in there and defending the people who supplied those theories, regardless of whether they are in contradiction to NA principles or not. Many of these newcomers as yet may not have the experience to judge whether that information will be any use to them in the long term or not. Our tradition of trusting older members and being shown the way by another addict who has been through the same thing is being diminished as people put more and more faith in professionals.

It states in our literature that "unlike groups that have gone before us, we do not advocate long withdrawals from society". Clearly this is referring to long term rehabilitation centres.

The other day I was at an NA function and a relative newcomer asked in front of everybody "Don't you think that after

about ten years or when you become enlightened enough, you can have a drink and a joint"? When I disagreed, he informed us that his counselor in rehab had told him that, and he believed it. I told him what I thought was the NA perspective on what he had said and he became annoyed. Perhaps his enlightenment came quickly because he is using now and looks terrible.

People are very open to new ideas in their early days, indeed we encourage them to be, but I see it as a contradiction to then encourage them to attend institutions where they may hear manifestly different information from that advocated by NA. NA is the single most effective remedy to drug addiction that the world has ever seen. The information given in these rehabs is often, not only contrary to NA thoughts but at times very dangerous advice.

Our ability to stay clean in rehabs seems to lead the newcomer to believe at times that they are not powerless. They don't need NA because "look I've already managed it". "Why would I have to go to these silly meetings all the time and why would I need to listen to any old timers because I've heard all the good information in rehab, and what would you know anyway"?

Another newcomer, four months out of rehab was arguing with a friend of mine and me one day recently. When we got down to it, she said with a healthy dose of skepticism "What, we're supposed to listen to what you say now?" My friend and I were over ten years clean apiece and a bit perplexed. I said "Yes, that's what I thought it was all about... listening to your old timers and trying to do what they did in order to get the same results". This comment was met with derision, and I knew at that moment that whatever she had been shown in her recently completed rehab, it was nothing to do with NA. She seemed more concerned with not having sex, and staying away from the pokies, which she had never played anyway. Generally she wanted to not do anything she enjoyed,

in case it meant she was "in her disease", whatever that means.

While some rehabs in recent years may have had some short term success, it is important to look at the long term results. We are not trying to get clean just for a little while, or improve our statistics. We are trying to arrest our disease so that we never have to use again.

Some of the ideas that are coming out of rehabs are bizarre and I'm not sure we as an organisation should be encouraging people to attend, as opposed to doing lots of meetings. Too quickly, people say "well I can't do it on the street". The reality is that if they are clean now, they are doing it on the street. So what they are actually saying is they couldn't get a start on the street. Maybe if we were offering more support, encouragement and assistance rather than just saying "why don't you go to rehab", they might have been able to get a start on the street.

Needing a start is no reason for a long withdrawal from society. Short term detoxs manage to get people a start. "The sooner we face our addiction in everyday living, just that much faster do we become responsible and productive members of society" Is this rhetoric or is it something we believe.

Once the newcomer is filled with rehab jargon, and full of the idea that they have been somewhere special, with special knowledge, going to meetings can seem irrelevant and after some months or years they tend to drop away.

Some people take years to recover from their rehab experiences. NA is based on the idea that we are loved till we can learn to love ourselves, while the rehabs generally are based on highlighting defects and shaming you into changing them. For many people this can be a very destructive process, especially those who have already suffered greatly from self hatred and shame.

We come to NA and we know we're screwed. Simply attending meetings or having arrived at a rehab proves that. We are one of the most beaten abused groups of people in the Western world. The last thing we need is someone telling us that we are sleazy, manipulative, using our sexuality, or too passive, aggressive or anxious. Of course we are, that's why we came here. We need to focus on "pulling the arrow out", not on the fact that's it's in there in the first place, or who shot it at us.

Unfortunately, rehabs are controlled in what they teach by the funding bodies to which they are accountable. If the Government says for instance that they want to tackle gambling as an issue, because they happen to feel guilty about the amount of Casinos they have allowed to open, then suddenly gambling is a big part of their model of addiction, regardless of whether that is compatible with long term abstinence or not.

The clients then also get whatever the popular view of the day is, regardless of whether it has been tested in the long term. I have been at meetings and heard people share that they are addicted to TV, shopping, video games, food, gambling etc as if they were the same type of problem as drugs. Well if that's the case, they're not like me. Playing space invaders, while enjoyable, didn't lend itself to robbing banks and mugging old ladies.

The NA model of addiction is based on the simple idea of physical compulsion combined with mental obsession. I relate to this clearly from my own life experience. I am very concerned when I hear statements like "the drug use is just a symptom". One of the logical outcomes of these statements is that we can eventually heal the real problem and then we may be able to use again.

When I came to NA the using was the problem and it always

will be if I use again. Using creates its own problems, and being clean creates its own solutions. We need to keep it simple or we might confuse our way back to using.

Overall, I think NA needs to take some leadership and people within the firm should be less inclined to simply say "go to rehab", just because the alternative is hard or because the newcomer is then "out of their face". We need to give back what we were given.

"Those who keep coming to these meeting regularly stay clean". Do we believe this, or is it lip service?

NA Today Summer 2000



The Shadow Knows

Getting Over It...

It's such a horrible phrase isn't it? "Get over it". But I am willing to bet you a million dollars that at some point you have said it either to yourself or someone else and/or that someone has said it you.

And it can be about all kinds of things. He/she did me wrong. I did him/her wrong. Usually it's an obsessive thought or compulsion that we can't quite shift. It can be a resentment that were hanging on to or shame about the way we behaved to someone else.

And there's two parts to it really aren't there — first is the fact that it actually be bloody hard to "get over it" and the second is that sometimes we don't want to.

From a few years of being around the rooms I've decided that, on the whole, a room full of recovering addicts is a roomful of over-sensitive egomaniacs. Please understand that I'm including myself in that group. We are, to a (wo)man, sitting there, obsessed with ourselves. Of course the degree can differ; years of recovery and some therapy have helped me lessen the symptoms (thankfully) but I'm not immune to some back-sliding here and there.

What this means is that in my less robust moments, it can be hard for me to move from obsessing about some perceived insult, or unkind word to some kind of internal resolution and moving on. Why it is that we feel the need to dwell on things that hurt us is beyond my psychological know-how but it's a trait I would be happy to lose entirely.

But resolution and moving on is what we have to force ourselves to do or else we run the risk of getting stuck in the crap.

I think it took me a while to work out that feelings wouldn't kill

me but once I did that helped. Learning to talk to other people about what was going on for me helped. Actually doing the stuff other people in NA suggested I do about it helped even more. Writing helped, meetings helped—basically learning to work a program helped. Step 10 helped.

All of these things helped me realise that while it was sometimes hard to “get over it”, it could be done and that in the long run it’s good to let go of things that have a negative hold on my mind. Holding on to obsessions doesn’t ever make you feel better!

But one of the easiest things to do is changing the words. “Getting over it” sounds hard, but “letting go” sounds like a relief.

Caroline M, Canberra



NA Numerology

Sick of star signs? Want something new? Numerology is the ancient art of reading meaning into random integers. How does it work? First we need you to find your special and unique numerology number. Here's how you do it...

Think of a number between 1 and 100, multiply it by 17, divide by 4, subtract the year of your birth, add the number of children/cars you have, multiply this by 2, if you have a cat add 3, if you don't have a cat subtract 245. Then round this number to the nearest ten and subtract 4. If you live in an odd numbered house then divide by 2. If you live in an even numbered house, open the window and have a biscuit.

Finally choose a number between 1 and 12. This is your number for the purposes of NA Numerology...

1

I see travel in your future...travel and a tall dark stranger....mmmm, serial killer. Just kidding. Unless addiction is the serial killer and you need to escape man! Wow – that was such an awesome metaphor! So stay away from dark alleys and dangerous places - that works for both serial killers and addiction.

2

If two is your number than that means your on the brink of an awesome realisation! Hopefully it's about the universe and the nature of things and the hope of change...not you know, that meat is murder or whatever...and yeah we've all heard about global warming so it's not that either...deep.

3

If three is your number it just means that you need to chillax and take some time to get to know you. So go ahead, read self-help books and refer to yourself in the third person. It's

cool. We know you'll get over it...eventually. Some things you just can't control...so don't bother trying.

4

As has been said by the legends of our age - time to get into the room of mirrors and take a good long hard look at yourself! Self-examination is generally not high on anyone's list of priorities but as a great man once said "the unexamined life is not worth living". Personally, I prefer the room of mirrors (and I know you do too you hapless water buffalo!).

5

All I have to say is...being a five takes guts. It's a bold, yet necessary number. If you picked five then you know it's time to move on and groove on. Life, and other things, is about progress (hopefully) and if five is your number then you're all about the progress. I believe in you and you should too! Peace out.

6

Six is a hard number. I know because for a long time I was a six. It helps if you can pretend you're a three for a little while and then go back to being a six. But if there's any message here it's that it's time to give it up. Just give it away. Check it.

7

If you chose the number seven then I can't really help you. I know. I'm as shocked as you are. Something else will have to do that...so stop trying to make it happen. It's that let go and blah blah blah stuff again.

8

All the people, so many people...I feel a little sorry for you eight. This is hard. But, if you can get it sorted then oh, what a feeling (apologies anonymous car company for 'borrowing' your slogan, but really, they're just words aren't they?) Give it

a go and feel the serenity.

9

The same way that one is the loneliest number, sorry is the hardest word is it not? And that's what nine is all about. But think of the freedom!!! No more obsession, haunting memories, or bad dreams. It could all be yours for one low price... Just stand in front of a mirror and practise.

10

If you chose ten then it's my professional opinion that you know there's something you should apologise for but you're just not willing to do it. Self-centred egomaniac? Complete wanker? Or just deliciously deluded? Did I get that bit right? No? Well, that's what you think...I know plenty of people who'll say otherwise and quite possibly swear to it in court.

11

Legs eleven. It's what they say – don't blame me if bingo's not your thing. Or monopoly...or chess...or snakes and ladders...or other games of chance like the pokies...which is probably not really a game of chance because the house always wins more than it loses. Which is worth remembering right. But not the point. The point is, um, connection. Connecting to what's real. Or unreal. Depending on your conception of a higher power. Whatever's fine, really...

12

One dozen. Twelve eggs, twelve steps. That's just the way it is. So to round it off...do something you like. Have a coffee and a cigarette (the bad old days) or go for a run (the bad new days) and think about how friggin' awesome it is to be clean!!! And then tell someone else. That's my kind of meditation!

SUNSHINE COAST ACTIVITIES COMMITTEE

Invites teams of 6+ players

BEACH VOLLEYBALL CHALLENGE COMPETITION

20TH JUNE 2010 11am-4pm

(fundraiser for Unity Day weekend "Dare to Dream" - Aug 2010)



Includes BBQ lunch (Trophies/Prizes to be won)
Form a team from your home group, or NA friends etc

COST: \$12 per person (\$5 concession)

WHERE: Nambour—Beach Volleyball court (next to Crusher park) 1/2 km—Bli Bli Road (turn of Bruce Hwy)

For Bookings/enquiries:
Mark W 0447 640 939
Kerry C 0410 798 529

GOLD COAST AREA CONVENTION 2010
Greenmount Beach Resort Coolangatta

“IT WORKS”

September 10 - 11 - 12

Accommodation available to members at
Greenmount Resort

<http://www.greenmountresort.com.au/>

(quote confirmation No 3163 for 10% discount)

More Details to follow

*For more information:
Rex 0422 064 143*





Victorian Area Convention

August 6th, 7th and 8th

Gasworks Arts Park
21 Graham St, Albert Park VIC 3206

Registration starts at 7pm Friday the 6th of August
(\$25 Concession - \$35 Adult)

Any questions call:
Stuart on 0424 100 800
Andrea on 0447 154 979
Michael on 0434 025 116

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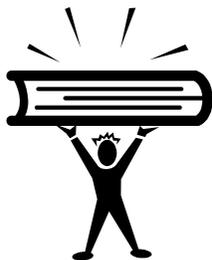
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