

NA Today

July 2013

The NA Today Magazine belongs to all members of Narcotics Anonymous. Its mission 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 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 simply 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 and contact details e.g. email address. First names and last initial will be used as the signature line unless the writer requests anonymity.

Send us your experience in recovery, your views on NA matters, cartoons, ideas etc to:

natoday@na.org.au

or to the

NA Today
c/- Fellowship Service Office
1st Floor, 204 King St
Newtown NSW 2042

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.

Editor: Caroline M Vectors: Gina C & Sue K

So long and thanks for all the fish...

I have done a lot of service in my time in NA and I truly believe it is one of the things that has kept me clean. The others are familiar I'm sure; having a sponsor, doing the steps and going to meetings. And above all, no matter what, I don't pick up.

I had no choices in my life when I was using. I had to get on. I had to scam. I had to use. My life was tiny and small and constricted; mentally, emotionally and even geographically. Everything revolved around one thing and it took priority over everything else. All other friendships, interests and hobbies died away because there was no room for them in my life anymore.

And then, through a court-mandated trip to rehab and an introduction to Narcotics Anonymous, I came to realise that I could have choice in my life and that I could choose not to use. This was a bit of a revelation. And as I made that choice on a daily basis and I did the suggested things and I left rehab and started living my life in recovery, I also realised that my life didn't have to be so small.

I have done so much stuff in recovery! And I am planning still more. My life has grown far beyond the self imposed boundaries of my addiction. But in that, I always make sure there's room to keep doing the things that have got me and kept me clean.

I am a grateful addict and the main way I show that is by giving back. I want NA to still be here for the people who come after me so I do service. NA Today has been one aspect of that and I would like to thank all those addicts who shared their stories, art and poetry with me and with Narcotics Anonymous! Please keep giving!

Caroline M.

Outreach

I am compelled to write this story because what I experienced today really blew me away.

My journey began back on 21st October 2009, a 2nd chance at recovery. This time I came back completely broken, spiritually dead, and so desperate for change. I had exhausted all avenues that I knew of, except NA. So with my 15yr marriage at breaking point, me just not knowing what to do anymore, I was badly beaten from this disease. I reluctantly agreed to go back to meetings. One day clean I made a deal with my Higher Power, "You make me feel better in 30days or you can stick those meetings up your arse", is what I said. Although I was cynical, I was desperate, so I surrendered to the program, COMPLETELY!!! I did 90 in 90, I got a sponsor, I rang that sponsor everyday for the first 30 days, I got phone numbers (females only, I learnt from my first recovery), I read my Just For Today (JFT), I journalled, I picked up service positions where ever possible and I began to write on the steps. Needless to say I felt better by the end of 30days. I thought it was all a dream because I felt so good. I just thought, if I feel this good at 30 days, what am I going to feel like at 60, 90 or 120 days? I joined so many different groups; I took on secretary, tea person, treasurer & GSR positions at all these meetings. I then started going to my local Area and at 18mths clean was voted in to be our Alt RCM alongside my sponsor as RCM. In my 2yrs as Alt RCM and attending the Region, I was told to join a group and so still just doing what was suggested, I joined the Outreach Committee.

So this brings me back to the beginning of my story, why I was compelled to write this. Xmas holidays 2012, we travelled up to Crescent Head, NSW, the closest meeting is Kempsey. There are only 2 NA meetings a week at Kempsey and they are both opened by the same guy Chris J. I was so far away from my home groups and I was in a strange town and desperately needed a meeting. The moment I sat my

butt in the chair I felt instantly better. As I looked around the room there was literature on the table, up to date Regional meetings lists, paper banners stuck to the wall and even tea and coffee available. They read the JFT reading then referred to the basic text. I was so blown away, I felt like I was home. At the end of the meeting the three guys thanked me immensely for sharing and this is when I found out that the meeting was a part of our Outreach family. Dave T, our chair, helped get these meetings up and running. I was so grateful to Chris & his 2 other members for being there to open those doors on that Fri night and got to experience firsthand what "Outreach" does. So when I arrived these holidays the first thing I did was reach out to Chris J to let him know I was in town and needed to get to a meeting and to my glorious surprise, I saw that the Tues meeting had grown from 3 to 6 and there was 4 women in the room. The message of recovery was so strong. I felt like shit when I walked in and walked out an hour and a half later on cloud 9.

Thank you Chris J of Kempsey and thank you Outreach Committee for helping those guys get the meeting up and running to help ALL addicts still suffering IN & OUT of the rooms.

Shannon J (Alt RCM Central Coast, NSW)



Africa

The convention started like this; four young men came into the convention room carrying various shaped crude African drums, they sat down and one by one started a rhythm that energized the room, then three young woman, dressed in rags and markings on their skin came crawling into the room dramatizing three addicts deep into the disease, simulating their pain and their desperation, next three young men came in dramatizing the same thing, all six of them withering on the floor. Then a member jumps into the circle of addicts holding a picture of an NA book, joined by some other NA members, holding the message before the addicts on the floor. Then the drums changed their rhythms and the addicts on the floor got up and started this amazing and powerful African dance as the drums got louder and more powerful the dancers stood up right and leaped into the air with jubilation. Free, free, free at last. So I guess you can figure we were all crying. AFRI-CAN NA comes alive in Tanzania.

The entire convention was great, amazing speakers from all over. The three member team from NAWS had spent two days with 11 African countries, facilitating a meeting to form a Zone for Africa, these 11 countries created the Afri-Can zone and came up with a plan on how to communicate and support one another in the future. Most of them had existed in isolation not knowing their neighbours and how they were facing similar challenges on this continent. At one point during the convention the NAWS members did a workshop and presented these 11 countries, each one shared of their excitement, said things like I have never been out of my village let alone coming to Tanzania and flying on an airplane and to know I am not alone. "I feel hope at a time when I was about to give up hope that NA would survive in my country".

The hotel, the one that the reviews said "don't stay here if you love your life" well the hotel and convention centre was ok, actually kind of nice, I never did get hot water. The beach was beautiful but just as you were about to walk down to it

there was a sign on the fence that warned you to be aware and that the hotel would not be responsible for our safety if we go down to it. Sharks? Alligators? Riptides? No nothing like that. Just an occasional mugging by a mob of men who would take everything you have on you and reports of people's throats being slashed. Needless to say I did not miss the beach at all. When ever you would hear about the wild and crazy things that happen in Africa you get a response like shrug of the shoulders and the universal slogan "Its Africa" you go with the flow and if you can't then you go nuts because its Africa. These people here are strong, resilient and don't complain.

To get over to the convention you had to get on a ferry, the ferry carries cars, trucks busses and tanks, along with as many people as you fit in between, Life boats, ha, ha ha. If something were to happen you can't even get to the open water. Fortunately the ride is less than 15 minutes from one side to the other, but it takes over an hour to board everyone and 10 minutes to get everyone off, you can imagine the mass exodus, people vehicles wheel chairs, push carts families, those woman with the huge bundles on their heads. It's Africa.

Gordon and I headed back to Bangkok via Ethiopia. What a surprise when we were going through immigration in Thailand. The officer asked me where my health certificate and stamp was. I had no idea what she was talking about? So they told me I had to go to a desk somewhere in the airport. I get there and am told to fill out a form indicating what countries I had just come from. Just so happens if you go to Tanzania or even a transit through Ethiopia you need a yellow fever certificate stating you have been inoculated several weeks prior to your visit to those countries otherwise Thailand can turn you around and send you back or put you in quarantine. So I know this might piss you off but here is the way it works here, the health officer looks at you as look at him with a stupid look and he says ok you give me 1,800

Baht and I give you stamp on your passport. Done. Gordon hands him his passport and the guy says “same same?” you give me 1,800 baht. Done. For all we know we might have yellow fever.

I was back in Bangkok just in time for what was supposed to be the last Literature Translation committee meeting, The LTC had completed the Basic Text and it was so good that they needed to go back over the IP's and Little white book and bring its quality to that level, we finished all but five IP's, so its going to take one more meeting. But it looks like there will be literature translated in the Thai language and available to the Thai speaking addict this year. They did great work in a very short period of time. We started this process back in Dec of 2012 so a ton of dedicated work went into this by the Thai members who made the time to do it. Congratulations.

I am going home tomorrow, sticking my butt on that long ass 18 hour flight. But it will be good to get home, I miss Tali and our Kauai.

FYI: there is a plan to have the 2nd African convention around the same time next year, I am hoping they will have it on Zanzibar.

Tom M, World Board



Bringing NA World to your community

In March 2012...upon forming our new Area Service Committee (Central Coast NSW), our ASC noted our than current contact line structure to be slightly out dated and decided to investigate newer options that embraced the ever changing technologies of our times. Upon closer inspection, it became clear that more viable options were available.

In June 2012...as our newer contact line structure was being formulated, our ASC also acknowledged that our visual presence was lacking within our Central Coast community. On closer inspection we found that other 12 Step fellowships were visually more attractive and better informed than Narcotics Anonymous, so in following the mandate set forward by WSO Public Relations Committee our Area began laying the foundations to developing our now 'new' Public Relations Campaign.

In June 2013 ...after many months of preparation - CCANA now has the following Public Relation Facilities in place.

1. Contact Line

One, newly revised Contact line which uses an old fashion answering machine and which greets the caller with a NA introduction message of hope, followed by a choice of 4 to 6 NA members names and numbers to call. This newer system has proven to be highly effective and extremely cost effective.

2. PR Flyer

One striking ultramarine blue and golden yellow Narcotics Anonymous pamphlet rack flyer. On side A the pamphlet reads 'If you have a Drug Problem we can help' and on side B is text suggested by W.S.O PR 'Informing the Profession and the Public' about Narcotics Anonymous. The beauty of this flyer is the vibrant colours that are visually striking in the community pamphlets racks. Also, another vital feature is

how the content of the text sits within the higher 1/3 of the flyer, which stops our message being hidden by any pamphlets that may be placed in front of them. Finally, the printing cost worked out to be 23 cents per pamphlet, which is very cost effective. Our PR committee loved this pamphlet so much that we actually submitted it to WSO to be considered as a new project. Oh yes – one more thing... the origins of this design were discovered online from our London Fellowship. J

3. PR Poster

Two colourful and funky NA posters, designed to be appealing to our younger generation. The first design featuring figures spinning out of control came from our Sydney fellowship. The second design featuring figures running and jumping to freedom, came from our South African Fellowship hence this article's title '*Bringing NA World to your community*'.

4. PR Website

One cracking www.cc-na.org website which is super user friendly and aimed at the younger generation and first time user. The beauty of this website is twofold.

- a. Its super cheap to host online, \$149 per year, and it's super easy to update.
- b. This site can be duplicated and sent to any NA region in Australia, and all that Region would have to do, is change the title page images to suit their community, plus load and personalise their own meetings list.

In Summary...

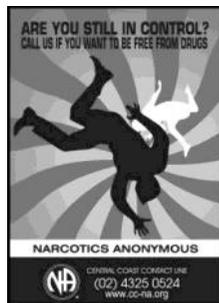
The Public Relations committee of the Central Coast Area of Narcotics Anonymous enjoys the fact that our fellowship has made positive strides in building solid relationships within our community by making Narcotics Anonymous an attractive and viable option of recovery from drug addiction. We are also very happy to be now more closely affiliated with the W.S.O Public Relations mandate, which urges Areas to

move forward within their communities and offers valuable suggestion within our PR Basic Booklet - <http://www.cc-na.org/#!slideshow/c1fq>

Finally...

Throughout the creation of our website and posters designs, it has always been the intention of our artistic team to offer the Artwork and Website designs to any Area or Region within Australia who feels that their community could benefit from a PR campaign such as ours. For more information on how to obtain our poster and website designs, please contact us through our website www.cc-na.org

Brad M
CCPR Chairperson



Reflections

I am sitting here at work reflecting on how my life has changed since I have been clean. What happened to change me from an addict who was obsessed with using to a clean addict that I am today? I believe I have had a spiritual awakening as a result of the steps. Sometimes I don't recognize who I am as my change has been slow and at times been surprising.

My life today doesn't resemble my using life, phew what a relief. When I was using all I could think about was drugs and how the world owed me a living. I was selfish, frightened, angry and full of self pity. Today I know joy; I feel gratitude and have a peaceful life. I've gone from the streets to becoming a responsible member of society.

Today my life is going well; I am getting married, having a baby (not me physically), bought a new car, work, pay bills and my dad told me he was proud of me for turning my life around. This is beyond my wildest dreams. I never thought this could happen to me, having a loving partner and repairing my relationship with my dad. God has made all this possible as I didn't have the self esteem to believe I could change. I have also had the love my partner, other members, people in the community and friends.

Please if your new give yourself to the program and your life will change beyond your wildest dreams.

Bat Boy Wollongong

REMEMBER...



NA TODAY NEEDS YOU!!!!

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

NATODAY@NA.ORG.AU

OR

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

The Top Ten...

...signs you need a meeting...

1. You're feeling nostalgic about the "good old days" of scamming and rorting
2. You can't remember how many steps there are
3. You zone out looking at the flour
4. You've forgotten your sponsor's name
5. You used your step work as kindling
6. Every meeting in town has moved venue since you last went
7. You're actually considering doing what the voices tell you to
8. You're trying to come up with reasons why alcohol is not a drug
9. You've got multiple years up but nobody knows who you are
10. You're not going because you hate everyone in the rooms and they're all bastards!

On Being an Addict

There are these two young fish swimming along, and this larger older fish passes the younger fish swimming the other way, and nods at the two younger fish and says, "Morning boys, how's the water?" And the two younger fish swim on for a bit and then eventually one of them looks at the other one and says, "What the hell is water?"

I am not the old wise fish about to describe to you what water is. Hell, I'm not even the younger fish anymore; the carefree yet thoughtful daydreamer who eases gladly through life. Probably never was. The immediate point of this story is that usually what helps us get and stay clean is usually right in front of us, which as addicts we find so hard to confront.

Now that I accept that those basic, often mind-stuttering, clichés of NA are actually more than just clichés, am I starting to understand that part of my addiction was about ignoring the most obvious, important, and basic realities around me, often because they were too boring, too hard or just too simple to see? In recovery, it is these simplistic virtues that keep me alive.

As committed addicts, we gave up most of what our natural self told us were good for us. We gave up balanced diets of 60 carbs: 30 proteins and 10 fats, we either fucked too much or didn't fuck at all, we broke laws and disrespected our own morals, we never listened to our parents (even if they were long dead), we got close to people in a spine tingling nervous way just enough to get what we wanted or when we were really wasted let them get what they wanted, we became socially repulsive in that glassy eyed, unkempt, socially defiant and desperate way. We became the type of person that people move away from on the train not because we looked bad but because we smelt of sadness, and gave off a lonely gloom that called out for kid gloves (and often rubber ones too) and a Good Samaritan Badge. We altered ourselves in

such a way that our person-to-person default setting shifted to a PH. level way too acidic for the average train-goer. And no matter how we tried to sublimate those feelings of loneliness and rage and fear and powerlessness, no strategy of relief was ever enough. Drugs, violence, money, wo/men, sex, more drugs, a stolen pair of jeans when we could afford it - our desires just kept escalating as our pain and loneliness and disgust kept increasing. Yet we somehow knew, way before getting clean, that the only way to stop the cycle was to stop the behaviour and start to experience our feelings that we had spent so long trying to chase away.

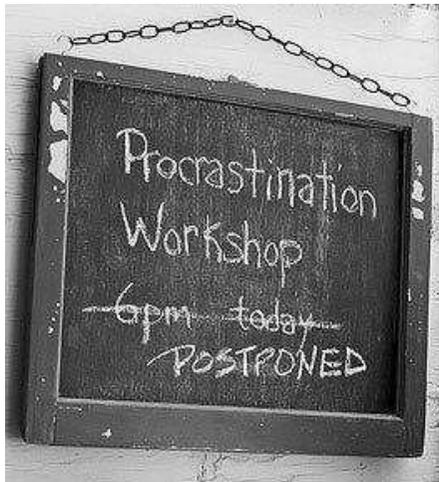
Now as recovering addicts we have to learn to become conscious again and aware of our surroundings. We have to recalibrate and learn how to feel again. We have to construct experience from meaning and pay attention to the banality of those experiences. We have to stop being slaves to our heads and our natural default settings of being uniquely, completely and ubiquitously alone. We have to seek comfort in routine and boredom and frustration. We have to learn to choose to be both outwardly and inwardly conscious of our surroundings and especially of the older wiser fish that have been around a lot longer than we have (for they have much to offer and ironically less to say). We have to learn to respect others and to pay attention not only to how we feel but to how others feel also. For the great thing about recovery is that we get to decide how we feel and how we view our world. The choice is always ours. If we're going to be pissed off or angry or horny, we get to solely determine how we are going to act on those feelings and whether or not how we act on those feelings is going to influence or hurt or harm or soothe other people. We get to decide what has meaning in our lives. We get to choose. We can make our choices good or bad. And here's the thing: when we choose and make a decision which is based on the principles of the fellowship, principles of love, respect, and hope, we generally feel better for it. If we choose to placate our frustration or horniness or anger or loneliness in drugs or possessions or money or sex

etc., we generally feel worse.

For us addicts, it is unimaginably hard to stay true to principles that 'normal' people take for granted. Just to stay conscious in an "I'm here" kind of a way is often a day to day struggle. But as we clean ourselves off from the heartbreak of active addiction we learn to recognize what is around us. We remember that hidden in plain sight, all around us is actually clear, fresh and tasty water.

Steve, WA

NOTE: The above idea is not my own. I was reading an article written by my favourite author, David Foster Wallace who gave a speech to the 2005 graduating class at Kenyon College, USA which contained the idea. Mr Wallace committed suicide in 2008 after giving up 14 years of sobriety and his anti-depressant medication.



How it was

The boys shifted the ripening otto bins into the far corner of the bin room while I carefully laid out our makeshift mattress for the night. Flattened cardboard boxes don't provide much padding or spinal support but they do take a bit of the chill out of the concrete and are a luxury I'm grateful for when hanging out — which is often.

"It's time for the sleep of champions." Dan held up a half emptied goon bag like a victorious sporting captain. He sat down next to me, opening his shiny silver pillow, took a swig and handed it to Ian who was already lying in his ratty sleeping bag. Dan unzipped his sleeping bag and spread it over himself and partly over me, wrapping his arm around me awkwardly.

I turned on to my side, facing away from him, my hands folded over my mouth and nose in an attempt to stifle the overpowering cocktail of stink that surrounded me. I was facing the internal door to the bin room and could see a circuit of tiny black ants hurrying out and back in again underneath it. The sensor light went out and, mercifully, I heard Dan start to snore lightly.

Bang! The hardwood cracked across my forehead with a force as if to split it in two. The blinding flashes and sparkles in my eyes quickly resolved to reveal a middle aged Asian man — Chinese or Korean I would guess. He stared down at us, and we started back at him, equally startled. There were a few hesitating moments before he suddenly screeched, "No! You can be in here!"

"You can be in here," he repeated. He swung the door back momentarily, as if to close it, but then swiftly and sharply reversed the motion, forcing the door into my head again. "You can be in here! I call police! You can be in here! I call police!" He chanted the words in a kind of strangled high

pitched way, rhythmically ramming the door into my skull in time with the end of each sentence.

I slowly rolled on to my back. This was partly a vague attempt to move my head out of the range of the bludgeoning pine wood but, more than this, it was a kind of stubborn resistance to the reality of the assault. Incensed by the self-righteous drama of the screechy man, my internal dialogue exclaimed, “don’t you know who I am?!”

Looking up at him as he thrust the door into my head for the seventh or eighth time, I wasn’t in pain, or even in panic. I was just astounded at the screechy man’s reaction. “How dare you?!” I thought. “I was the Head Prefect at St Catherine’s High School, you know?” But he didn’t.

Anonymous



Okay, so for me today NA is the only way
I know that helps me not act insane
Without drugs I've learnt how to relax my brain
release the strain, so come along you're not alone
hiphop on the train, and lets grow through your pain
go through these days, one at a time
seek the truth in your mind, reside the hurt
for all that its worth, I promise that we connect divine
you'll be fine, If you don't believe me now, you'll believe in time
hold on tight, leave the pain behind, push through the nights
push through the fights, Its only fear, this time you're not alone
push on through the nights, I'll still be here, time to come home
hey I got help, through the hell, learnt how to be myself
hey we got well, through the hell, regained our health
It's not over yet, just reach out to us
come to us, we just want to show you how
with unconditional love, we stay till' the twelfth round
Your story? I want to hear it, Twenty thirteen?
Awaken the spirit.

The kid, WA

The decision

When I was first getting clean I couldn't get my head around not using again. It was like a black hole of the unknown. I remember sitting in meetings thinking "I wonder when this is all going to collapse into a pile of failure again" like everything else and every other time.

I remember seeing other people actually recovering, putting in effort and sounding positive and moving forward. It all reeked of the daggy, goodie goodie, sit at the front of the bus set... But they looked happy. Their laughter annoyed me. I thought they were faking it because I couldn't relate to being happy. Probably I wanted what they had but I couldn't see it back then blurred behind the veil of my constant negative outlook.

There came a point in my recovery where I decided I was going to actually give this thing a go - make a conscious effort to work the program and improve my life and try to be a better person. I had to. I was stagnating and the spectre of my using was hanging heavy in the shadows.

When I made that decision, a miracle really did occur. All the things in my life that were a struggle began to go my way. I had a few wins in a row and my life picked up some momentum. A snow ball effect happened where the better I got the better it got and I was becoming one of those people who laughed out loud because things were funny and life was good, so very good now that I was off drugs.

It still strikes me regularly when I am in meetings – that decision – “am I going to really give this a go or not?” I re-make this decision and this commitment regularly.

There are two things I made commitments to in those early days that have stood me in good stead. The rigorous commitment to not pick up a drug and the ongoing commitment

to be a part of this program, do meetings, do service, sponsor people, have a sponsor etc. With these, I am well on my way.

Narcotics Anonymous was the turning point in my life. It sent me down a road I never expected my life to go down. It has been a blessed journey.

Anonymous



The Victorian Area Convention of Narcotics Anonymous



16th-18th August 2013
Gasworks—Cnr Graham & Pickles
Street, Albert Park VIC 3206

Contact: Kevin 0448 017 571,
David 0418 163 189

\$35 Full Price, \$25 Concession

For Updates and other events visit us on the web at
<http://www.navic.net.au/news/>

Spirit Of Unity

November 8, 9, 10. 2013

Seashells Beachfront Resort
363 Diamond Beach Rd
Diamond Beach NSW 2430

Meetings and recovery by the sea...not too shabby.....eh?
Glimpse into the wealth of riches that only Unity can offer!
The longevity of this event is evidence of its strength and
unity. Put your fears and anxiety aside long enough to make
your booking, we take care of the rest....easy. Join the revel-
ery as we soak up the sun and sea, as well sharing laugh-
ter, maybe a tear and many stories.

info.sou2013@gmail.com

NA Women's Retreat NSW

Date: Fri. 25 Oct, 2013 - Sun. 27 Oct, 2013

Location: Camp Koinona Evan's Head

This is the 4th North Coast NA Women's Retreat. The past two years have been amazing weekends of meetings, fellowship and unity for women in recovery from addiction. Many of those who have attended agree that this retreat is "*a heart opening experience*" and no doubt this year will be just as incredible.

The schedule includes lots of meetings, early morning beach walks, free time on Saturday afternoon, a recreational evening on Saturday and a meditation session on Sunday morning. The Registration Form and Attendee Information are available on the NA website at www.na.org.au.

**The South Australian Area of NA invites you to our 2014
Convention
On the Australia Day Long Weekend
Friday 24th, Saturday 25th and Sunday 26th of January 2014
'Adelaide Shores' West Beach
SA Sea Rescue Squadron (end of Barcoo Road –
right on the beach!)**



Early Bird Registration \$30 (waged), \$20 (concession)

**Accommodation available at the neighbouring 'Adelaide
Shores' Caravan Park
or billeting can be arranged with local members
For more information or to register please contact either**

**Jon K—0404 022 288 jon@jonkirkbride.net
Emma C—0421 451 971 emma.dog@bigpond.com**

Camp Serenity 2013

26, 27 & 28 July 2013

at

The Log Cabin Camp,
3360 Nerang-Murwillumbah Road,
Natural Bridge QLD 4211

Contacts for pre-registration

Fiona. P 0405 558 103

Peter. B 0405 093 206

Luke. M 0407 703 875

Paul. S 0438 176 098

Cassandra. P 0416 386 703

More details will be available on **na.org.au** including
registration costs and payment options



Collie River Camp II

October 18,19,20
Eaton Scout Facility, WA

Option of camping or Dormitory's.
River fun. Camp fire meetings. Kids activities. Volleyball
Movies and More

**Full Weekend
Registration
includes all
meals**

Adults \$50
Kids \$25

**For Info &
Registration
Peta:
0404-427-026**
**Shannon:
0467-584-480**



Awaken the Spirit



Western Australia Convention 2013

Rego: Jodie S - jodieno1@yahoo.com.au

Info: Sue K - 0421 779 931

August 16, 17, 18

www.waacna.org



September 20-22 - Greenmount Resort, Coolangatta QLD

Enquiries: Johnno L 0402 669 224 johnnoeighton@gmail.com

Andrew D 0405 976 605 singularism@gmail.com

Registration

Weekend—Full \$35, Concession \$25

Day rate—Full \$15, Concession \$10

Web APP for convention information:

<http://myapp.is/GCANAC2013>

FELLOWSHIP SERVICE OFFICE

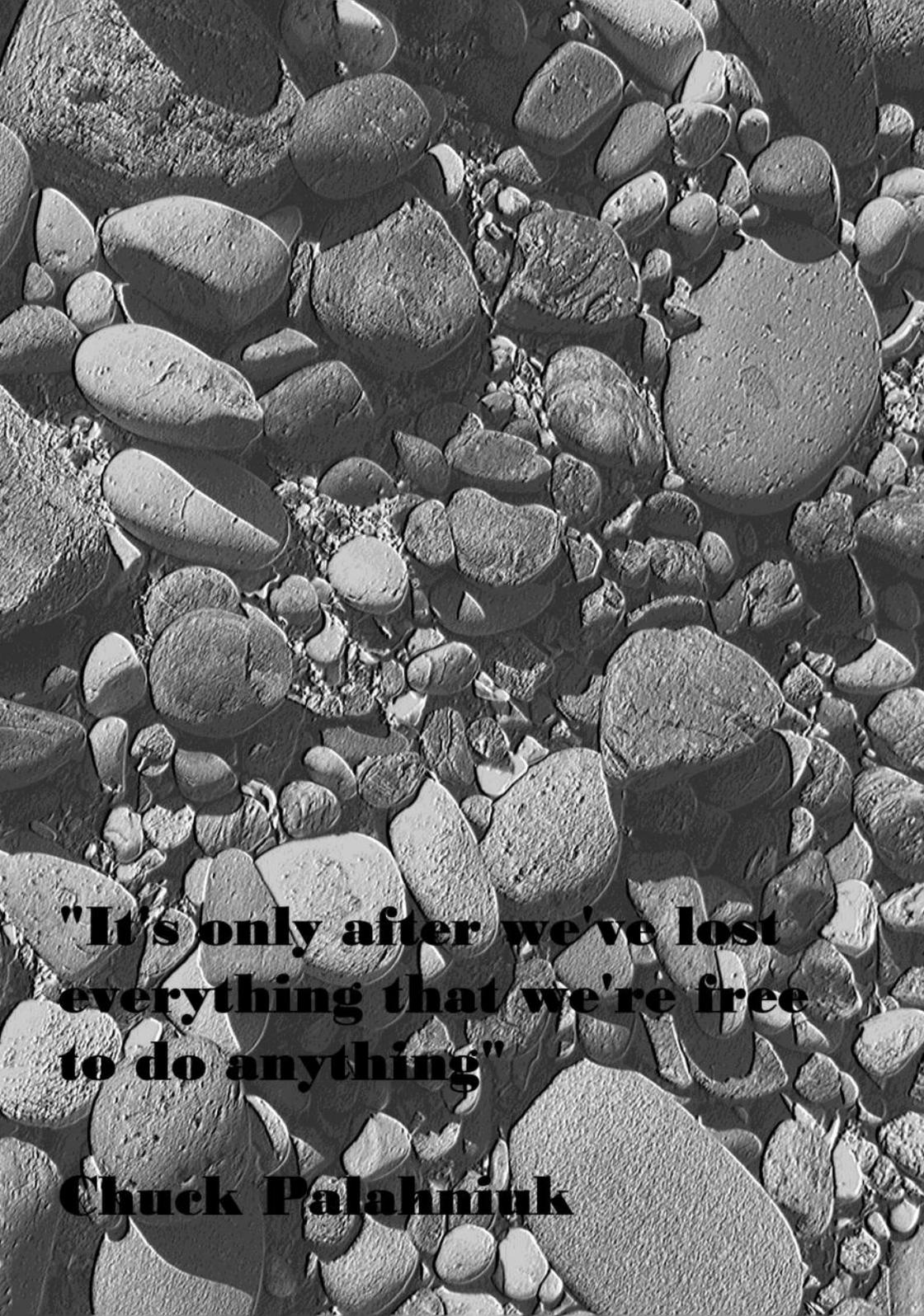
204 KING STREET
NEWTOWN NSW 2042
P 02 9565 1453
F 02 9519 7554
E SHOP@FSO.COM.AU

FSO HOURS:
SAT 10AM TO 2PM

ENQUIRIES AND PHONE SALES:
TUESDAY 10.00AM - 4.00PM
WEDNESDAY 10.00AM - 3.00PM

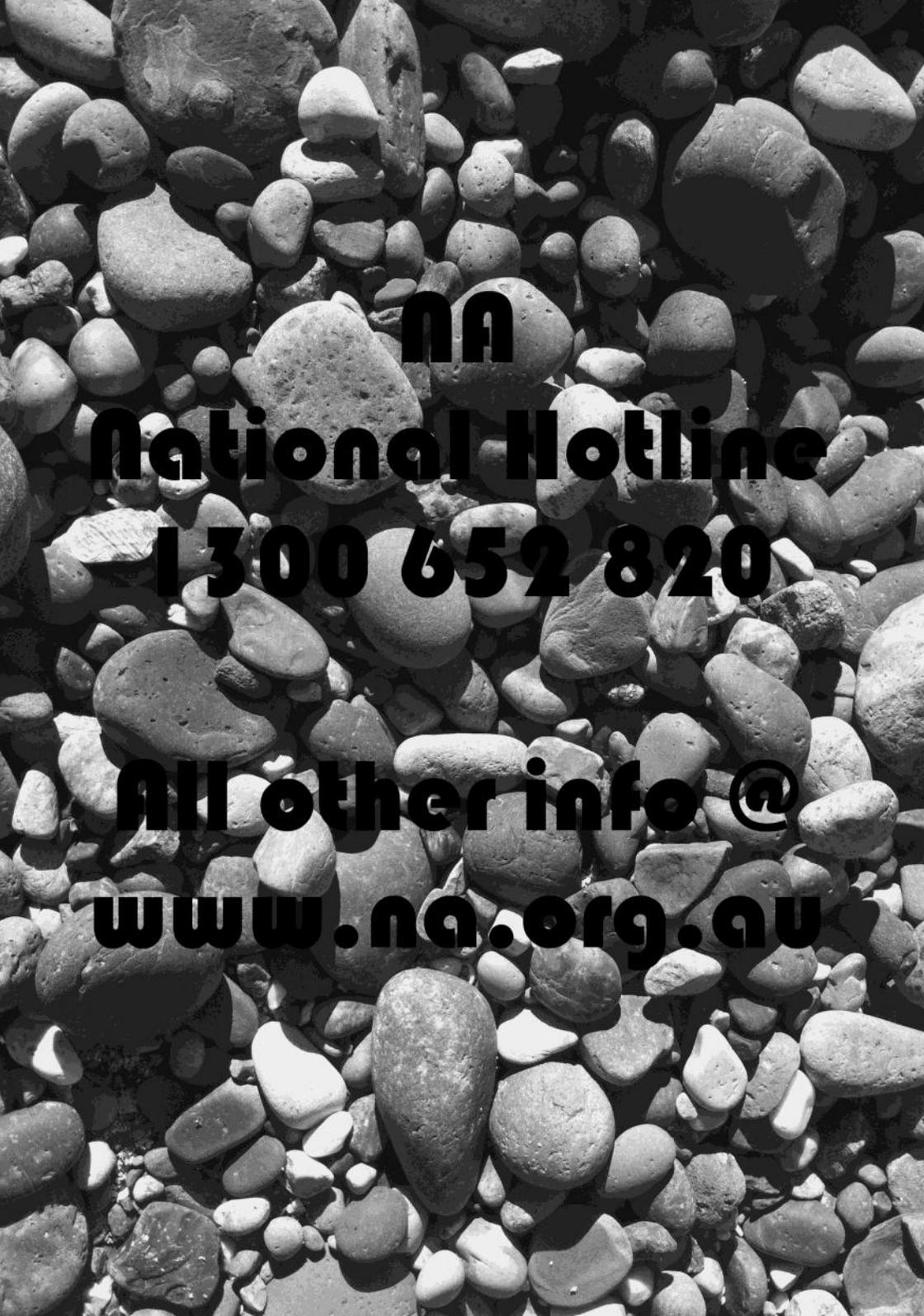
ON-LINE ORDERING ALSO
AVAILABLE ANYTIME FROM
WWW.FSO.COM.AU





**"It's only after we've lost
everything that we're free
to do anything"**

Chuck Palahniuk



NA

National Hotline

1 300 652 820

All other info @

www.na.org.au