



N.A.

# SCANA

## In Times of Injury or Illness...

### Special points of interest:

- **WCNA—Honolulu Hawaii**
- **Sept. 1–4 2005**  
[www.na.org](http://www.na.org)

Call: 888-351-8967 or 1-506-432-3527—agents available 6:00 a.m. 5 p.m. Pacific Time.

Convention starts at 12:00 p.m. on Thurs., Sept. 1 and ends at 2:00 p.m. on Sunday, Sept. 4th with the exception of the Sunday Evening Maholo Cruise.

For more information call 818-773-9999 ext. 200

Fax credit card registration to 818-700-0700



In Narcotics Anonymous we can learn to accept the reality of life, which sometimes brings us illness or injury. We've learned to apply spiritual principles to help us get through these difficult times.

Illness or injury is stressful, and stress can place us at risk of relapse. Surrender, acceptance and hope are a big part of the process of working the principles during an illness. We need to develop a close relationship with our Higher Power. We can experience chronic illness and not return to active addiction. We must always remember to be grateful and thank God, for N.A., our life and the love we feel working our recovery program.

It is important to share about our illness and try and attend more meetings if possible, if not, we can ask that meetings be brought to us. The support of others is crucial when we are ill or injured. We must constantly practice a spiritual program.

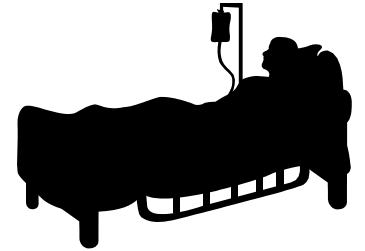
It is important to let our doctors know that we are recovering addicts. We cannot afford to jeopardize our recovery. While doctors are responsible for our medical care, we are responsible for our recovery.

With the support of others in Narcotics Anonymous, we find the strength we need to make healthy decisions for our own 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.

The use of medication in recovery is often controversial. The Basic Text recommends consulting professionals concerning our medical problems.

The power of the disease of addiction cannot be underestimated. We may react to medication like we did when using drugs. Any medication may unleash the craving



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and the compulsion that haunted us while we were using. We have to explore our motives or taking it. Am I taking this 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.

Remember, some over-the-counter drugs are marked "non-narcotic," but they may still be mood-altering. We must be careful using any medication. Any drug, prescription or non-prescription, can be abused.

## Suggestions to Follow When Faced with Injury or Illness

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Some members have found this list of suggestions helpful in dealing with the impact of injury or 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.



**Tradition One...**

*... each of us had to admit that self-sufficiency was a lie. This admission was the starting point of our recovery and is a primary point of the unity for the Fellowship.*

*Pg. 59 -Basic Text*



**Tradition One**

... each of us had to admit that self-sufficiency was a lie. This admission was the starting point of our recovery and is a primary point of unity for the Fellowship. Pg. 59 - Basic Text.

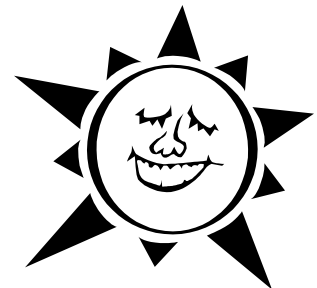
When using, we depend on others to care for our needs and bring this with us into recovery. We depend on others to set-up and return our meeting places to their original use. We depend on some one to pick a topic we can agree with or relate to. We depend on somebody to lead our sub-committees or our events to provide for our needs. We still depend on others.

Some would argue this is a natural fact of life, "nobody can do everything." I debate everybody should do something. "I can't..." is sometimes an

uncomfortable feeling. "I won't" is a symptom of disunity. Ever notice that the annoyance of one person complaining is not enough for you to get involved but to join in the criticism. Some often raise a hand to participate and fail to follow through, only to raise the other hand to object to the results. Far too often that second hand is raised, only to be followed by a complaint about disunity. I find myself in constant need for the guidelines within our Traditions. My own mind led me to addiction, and my own mind created the problems that seem to have a solution that is lost to me. "..., guide me in my recovery."

I find solutions by being involved. Over time, I've found that if I'm not involved it

is best to not complain or to criticize the results. So much of my addiction was being alone in a word of chaos. The confusion and the isolation ends with "a part of" not "apart from." Unity for me is an unattainable and unrealistic goal my spirit will heal, my mind is still under construction. The best I can do is to cooperate, and give forth my best effort and leave the results to God and the unity I've found in the service to Narcotics Anonymous.



**I Want To Be Your Friend**

**I want to be your friend...**

**But I don't know how.**

**I used to be your friend...**

**So I could be cool...**

**In actions, in my processions, and my playgrounds.**

**I want to be your friend...**

**But I don't know how.**

**I used to addictively work and take on jobs and volunteer projects...**

**So I could feel important**

**and seem to be in control.**

**I want to be your friend...**

**But I don't know how.**

**I used to diet to be slim to be your friend.**

**I used to stay up for hours and hang-out to be your friend.**

**I still don't know how to be a friend... Your friend.**

**Then, I came to your meetings...**

**But I don't know or understand your words, ideas, beliefs, or steps.**

**But most of all... that sharing, caring and hugging...**

**I want to be your friend...**

**But I don't know how...**

**So I built a wall of resistance around me.**

**That way, I could stand further away from you to protect my heart, my secrets, my fears.**

**I want to be your friend...**

**But I don't know how.**

**I am scared, alone, and feel unworthy.**

**I don't know what to say or which questions to ask.**

**I don't know how to tell you about me without sounding pitiful and whiney.**

**Would you want a friend like that?**

**I want to know how you got here and why you keep coming back.**

**I want to be your friend — will you show me how?**

**I need your friendship to show me how.**

# Gratitude

In the old days, we were free of fear from trouble with law enforcement agencies and other outside influences that could arrest us, possibly end up doing time in jail or prison over, because we hid from responsibility. The responsibility of living life on its own terms, this type of thing, living life on its own terms, was completely foreign to us.

“We used to live and lived to use”, that was the bottom line and shame on anyone who got in the way. All we wanted was our next pill, rock, hit or fix anyway we could get it, whether it be working for it, stealing for it, robbing someone or even selling our own bodies for it!

We as addicts have distorted ways of thinking. “We want what we want, and we want it now!” That was life on our terms; today we are a different breed of individual, learning how to live for the first time in as many as 2, 3 or 4 decades. Sometimes it is very unreal for

people in this world that don't have a clue about the disease of addiction. We are treated as criminals, degenerates, scum of the earth or even the lowest of the low.

But, there is help for everyone from all walks of life. If you are struggling with this insidious disease of Addiction, believe me when I tell you, you are not alone. There are thousands and thousands of people all over the world today who don't suffer any longer. They have found recovery today. In finding recovery we learn how to live successfully through spiritual principles and apply them on a daily basis.

Sure we still struggle, but today we can survive. We know what to do. Some very simple suggestions are given to us in the beginning. Get a sponsor; work the steps with that sponsor; do service work: these get you out of yourself. My sponsor has told me numerous times, “If you want what I got, you'll go where I go and do what

I do.” I took that to heart.

Most importantly PRAY! At least twice daily. In the morning ask the God of your understanding to give you courage, strength and guidance to make it thru the day clean. And at night, thank God for everything that's given you that day. Some days we may have to pray several times a day. Keep in mind that our Higher Power is always there and never leaves us or gives us more than we can handle, but, we have to be careful what we ask for, or we may get what we ask for and that may be entirely way too much.

Today I haven't found it necessary to use and kind of mind altering, mood changing substance since August 7, 2003 thanks to my friends and extended family in Narcotics Anonymous. Thanks to all these people this once really struggling, now recovering, addict has found a new way to live. I owe much more that I can ever repay. All I can do is “Keep comin' Back!” ~My Gratitude Speaks



There is help for everyone from all walks of life. If you are struggling with this insidious disease of Addiction, believe me when I tell you, you are not alone.



*All we wanted was our next pill, rock, hit or fix, anyway we could get it, stealing for it, robbing someone or even selling our own bodies for it!*

## Just My Higher Power

**I have no Title,**

**I have no Psalms,**

**There is no Chronicles,**

**I sing no Songs.**

**I just have the Spirit**

**Inside of Me,**

**A Higher Power called "God"**

**Which takes my Lead.**

**A Humbled Addict**



1. We will not accept anonymous submissions. You must be anonymous within the piece you write, but you can't be anonymous with us for legal reasons.
2. We request that members' names not be included on the submissions themselves, only on the cover letter and/or copyright release form.
3. Please include a signed copyright release form and your full name, address, and phone number—we may need to talk to you about revisions and work with you.
4. Also include your clean date. But don't worry—there are no minimum requirements; we are accepting submissions from any clean member of NA.
5. Submissions in any language are welcomed.
6. If you can send us an electronic document in MS Word, that is preferable. If you mail your submission via post, please use black ink on white paper. Thanks!
7. No submission is too short, but as a rough guideline, aim for a piece of fewer than 2,700 words (seven pages in our current Basic Text).

Send your experience and ideas to the World Board 19737 Nordhoff Place, Chatsworth, CA. 91311 U.S.A. ~ [worldboard@na.org](mailto:worldboard@na.org) For more information on updates, project news, workshop ideas etc. visit our website: [www.na.org/conference](http://www.na.org/conference).

## Top Ten List

### Gratitude

Recovery  
Serenity  
Sanity  
Meetings & Fellowship  
Sponsorship  
Higher Power  
Clean Date  
Acceptance  
Humble & Loving  
Living & Working ~  
The Steps



### Self-Pity

Wasted  
Lying  
Insanity  
Isolation  
Self-Reliance ~  
(My Way)  
Self-Will  
Relapse  
Denial  
Chaos & Anger  
Dying or Hurting ~  
One Self