Stay safe everyone. I know we are all anxious to see each other in person again soon!

In loving service, Stacy K.

We may very be some of the best positioned people in the world to deal with this crisis! We have all already learned how to “Completely change our old ways of thinking and living!” We do it every day and we have been doing it since day one! For non-addicts that concept would be foreign and frightening. But this is a time for us to turn to something, greater than ourselves, to help restore some sanity in our lives. We can inventory how we are feeling and take corrective measures where need be. We can freely give of ourselves in many ways, around the world to come and share! It can also help foster a better understanding of “NA as a whole” in your life and offer a new found gratitude! So what are you waiting for? Jump in and test out the water! Our water! Complete change our old ways of thinking and living! We can freely give of ourselves in many ways! Some NA members are holding out for what they know has worked for them in the past. Go to a NA meeting. Get hugs, see friends, watch the key tags, give hugs, listen to the readings and then share your experience, strength and hope. And conversely, hear the experience, strength and hope of others. Then like a bad dream, the carpet gets pulled out and you find yourself in a position of many of us thought not even possible. Little to no NA meetings as we have come to know them...at ALL! Will everything go back to we once experienced? We all surely hope so. But the reality of the situation is, we just can’t accurately predict the future. And we don’t know when, or even if, they will be as we had been accustomed to. But we all have been given some gifts in recovery. Some tools that many ‘normal’s may not have! We make a practice out of learning how to stay in “Just For Today.” and that gives us a special ability to not dwell in the past and put unrealistic expectations on the future. We learn that when we practice staying in the here and now...we feel a little better. We are living examples. And now, we may have to be the book others outside of N.A. get to read. So lets make it a good read for them! In this anniversary they would like to share. Speaking of sharing, ohhhhh yes! It is also possible that some meetings may ask who is having an anniversary they would like to share. The ultimate weapon against addiction, is another recovering addict! Some ZOOM meetings offer a familiarity of a regular NA meeting in that they do some of the NA readings like Who, What, How and Why...or others. It is of course, better to be at a meeting. But we did, because it’s what needed to be done if you one WANTED to have to allot an hour drive time before and after to get to a meeting. But we did, because it’s what needed to be done if you expected to not only stay clean but to ever grow spiritually. Same with virtual NA meetings. You may not like the idea, but the alternative might be much worse. After all, addiction is just waiting to catch you if you aren’t careful. After all, addiction is just waiting to catch you if you aren’t careful. The here and now...we feel a little better. This is one of the reasons that the ZOOM platform of Virtual NA meetings is gaining in popularity and is a viable option for those members, who believe that a addict alone is in bad company. It’s just another “tool” for an addict to use in their recovery arsenal! Personally, I’m viewing the whole ZOOM thing as kind of like old school NA. Lots of similarities to the old days of N.A. Back when you might have to drive 20 or 30 miles to get from one meeting to the other...(Or more depending on your geographic location and what year you got clean) The similarity if you are having a hard time seeing it is this...no one WANTED to have to allot an hour drive time before and after to get to a meeting. But we did, because it’s what needed to be done if you expected to not only stay clean but to ever grow spiritually. See with virtual NA meetings. You may not like the idea, but the alternative might be much worse. After all, addiction is just waiting to catch you if you aren’t careful. After all, addiction is just waiting to catch you if you aren’t careful.

Don’t run back to old ways just because they’re more comfortable or easier to access. Remember, you left certain habits and people for a reason: to better your life. You can’t move forward with your life if you keep going back.

With Loving Service your Newsletter Chair, Jocelyn D.
"When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends - jails, institutions or death - or find a new way to live." (Basic Text p.84)

If you have spent anytime at all in Narcotics Anonymous meetings then you are at least familiar with the third paragraph of "We Do Recover". Not only is it in both the Basic Text and the white booklet we normally hand to newcomers when they pick up their white chip, it is also read at the beginning of many N.A. meetings. Most of us get to where we can whisper it under our breaths as it is being read, and some even quote it word for word. Surely you would be hard pressed to find a recovering addict who doesn't believe in the truth of this well known paragraph.

We repeat the message of the third paragraph over and over to newcomers, especially the ominous "go on as best we can to the bitter ends". But is the third paragraph just for newcomers? Is not the message contained in it just as true for those with time in recovery as the one just walking in the door, strutted out and feeling hopeless? Even after time spent in the program, can we not reflect on this simple yet powerful message to remind us of why we need to daily work the program of Narcotics Anonymous in our lives?

None of us, regardless of our time and "stature" in N.A., are immune to the "bitter ends - jails, institutions or death" when we forget to apply the program daily in our lives and once again live our lives on self-will. If we continue on this downward path, we will once again find ourselves no longer able to function with or without drugs and facing our old choice: "either go on as best we can to the bitter ends... or find a new way to live."

For us, the "new" way may not be so new at all. It may simply be a matter of remembering and re-applying the spiritual principles that we had lost time for in our busy lives. The good news is that if I find myself running on self-will and once again surrounded by chaos, I don't have to continue to the bitter ends. I just need to put the focus back on my recovery and get back to the basics of the program. We do recover Anonymous.

ATTENTION DEAF/HARD OF HEARING
NA MEMBERS WHO ARE ALSO AMERICAN SIGN LANGUAGE INTERPRETERS PLEASE CONTACT
ALYcia S. @ 586-453-5711 (VOICE/TEXT) OR EMAIL ALYCIASTARR@gmail.com
FOR QUESTIONS, SUPPORT & CONNECTION

ATTEND A MEETING NIGHT VIRTUALLY
MEET YOUR LOCAL GROUP ONLINE!
www.na.org/virtual

WHEN AT THE END OF THE ROAD
www.na.org/virtual

FROM THE WORLD
www.na.org/virtual

STAY HOME, STAY SAFE, STAY CLEAN

To get a "Just For Today" Daily Mediation sent to your Email or phone everyday just go to this site and sign up! Just that easy! Go to NA.org Click on; "service to members" Then check "I'm good " for today subscriptions." 366 daily meditations, one for everyday of the year.

RECOVERY DURING COVID-19

www.na.org/virtual

Hello everyone, We hope you are keeping well. We have a lot to cover in this update.

Annual Report

We have posted the 2018-2019 Annual Report www.na.org/ar. We do not have immediate plans to produce the Annual Report in Brief, but we hope you take the time to read the AR, which captures some of what has taken place last year at NA World Services. There are some great charts and graphs included.

WSC Observers - Conference participants have prioritized some of the work of the World Service Conference to accomplish online because we are unable to meet in person. Sessions are scheduled for 11am-1pm and 2pm-4pm, Pacific Daylight Time, on 24-26 April, 29 April, and 2-3 May. Interested Webers will be able to observe the partial, virtual WSC via a YouTube live feed of the Zoom meeting. The link to that meeting will change for each session, and will be posted at the top of the WSC 2020 Virtual Materials page https://www.na.org/?ID=ws2020virt shortly before each session is scheduled to begin. If you lose the link, just remember the Conference page www.na.org/conference and then look for the link WSC 2020 Virtual Materials. The YouTube link will be posted at the top of that page before each session. If you do plan to observe, we ask that you not make recordings, take screen shots, or post pictures on social media. Please respect the anonymity of trusted servants.

Thank you.

NA's Response to the Pandemic

Thank you to everyone who has worked to keep our message accessible in the face of a world where we are unable to meet in person most places. Addicts are resourceful and adaptable, and NA's response to the global pandemic has been so quick and effective, that it has functioned as a powerful public relations message. If you type "NA meetings migrating online" into a news search engine these days, you will see dozens of positive stories about NA meetings migrating online. We are receiving interest and praise from professionals and others.

If you have personal experience you are willing to share or successes as an online meeting, please share them with us at na.org/SPAD. We are particularly interested in how you have reached out to newcomers, treatment centers, and correctional institutions; as well as experience you have helping treatment centers connect to online meetings and cooperating with Phonelines.

We would also like to hear if you have experience coordinating online Seventh Tradition collection; please let us know what you are working for you.

Meeting Updates - One thing most of you have noticed is how often the access information for meetings has changed within the last few weeks. Given the vast amount of changes and our reduced staffing levels, we have been unable to keep up in processing all of the meeting changes we are receiving. We urge everyone to keep local websites and service bodies informed of changes, where possible. We believe that’s the best option to keep meeting information current in these rapidly changing times.

Virtual Meetings Page - On a related note, we have created a page of resources to help in your efforts to find and serve at NA meetings in the time of Coronavirus. Check it out: www.na.org/virtual We are posting new material regularly. Thank you to all who sent us resources. Keep them coming!

Also, you may want to announce at your meetings that members can find booklets and IPS in 53 languages at www.na.org/ips. We have published more than 50 translated recovery pieces in 16 languages since within the last month alone!

Contribute - If you want to help that work happen, we encourage you to contribute financially to NA World Services. As we reported in a previous update, World Services is experiencing financial hard times. For too long we have pinned our financial solvency to literature sales, a financial model that is not sustainable given NAs disproportionate growth in places where we have no subsidized or given away literature. Since the closure of most in-person meetings, our financial situation has worsened. We are doing what we can to continue shipping orders and providing services, but we need your help. We have created an easy contribution link www.na.org/contribute and we hope you will help spread the word.

Spiritual Principle a Day (SPAD) Book Project

And before we close, a reminder that even if you are stuck at home, you can still make a valuable contribution to NA literature. SPAD still wants you to hear about how you can apply principles in your daily life. Respond to quotations from NA literature and capture your experience in writing at www.na.org/SPAD.

Thank you for all you do for NA.

Yours in service, World Board