



March/April 2016

How It Works (a Funcoast series on the steps and traditions)

Step 3. "We made a decision to turn our will and our lives over to the care of God as we understood Him."

Wow, doesn't that sound scary! Well, it really isn't if we can take an honest look at what we've done with our own lives when we were left in charge. At least we thought we were!! On numerous occasions I wished that the God of my understanding would've just lifted me out of the muck that I was wallowing in but what good would that have done? I would've thought I escaped the horrors of addiction, for that moment, to only try it again, "don't you know who I am"...lol. However, I only accepted the fact that He (the god of my understanding) was there but I had to make my

own decisions because I thought I knew what I was doing. So, every day in my active addiction I woke up like Pinky and the Brain, trying to figure out how I'm going to conquer my life of using with just me and my disease....lol. Exactly!

Making a decision.....

Am I incapable of making simple decisions in my life, I mean damn, I'm not a child. No, I just act like one from time to time when I take my will back. So, in order for me to progress in recovery and move forward in my life, I needed to come to an understanding that I'm not in charge, that my decision making skills are as great as I want them to be and make a decision to turn my will and my life over to the God of "MY" understanding as many times as necessary. Needless to say, I've been humbled and humiliated due to my own stubbornness from not turning my life over. Sometimes I hold on for dear life to a particular manifestation of my disease because if I get one more chance, it will turn

out differently, you'll see.

If you've been following along, the common denominator in this mess is ME!! And the least common denominator is the God of my understanding. So, I finally begin to listen to that internal voice of reason that has been telling me right from wrong since day one. Yes, things begin to get better or at least the perspective on my life is more acceptable to me. I begin to understand that making this decision isn't just about the decision but also about the work that I put in after I make the decision. Oh yeah, there's work involved. My disease doesn't like it when I call out for help, it wants me to believe that I can do it all by myself and if I do ask for help it's on my terms. You know, telling help how to help me....lol. I understand that I'm going to make mistakes along the way and this program is not about me being perfect but more so about making some fundamental changes in my life. I've had to get out of the habit of always turning to myself for help. Thinking that whatever I got myself into it, I had to

get myself out of.

The 3rd step is the step that has given me the ability to better see me coming. As I walk on the train tracks of life, the light at the end of the tunnel isn't always a train, most of the time it's me and my disease! Now here's where it gets tricky. I can either, stay on the tracks and try to battle me and my disease all by myself or I can pray to the God of my understanding for help and guidance and get off the damn tracks. The choice is mine, the choice is yours and the choice is ours to make. - Eric B

Step 4. "We made a searching and fearless moral inventory of ourselves."

I have worked through the Twelve Steps several times throughout my recovery. I had five years clean when I was 30, and one of the things I didn't do in those five years was work a thorough Fourth Step. I was pretty sure I was powerless; I came to believe, and once things were going well, I didn't think I needed the rest of the steps. I thought recovery was great, and

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Just Keep Coming

(NA Way October 2014)

It's a suggestion that was always frustrating to me because of its vagueness. Just keep coming back—and what? But now I realize that that's the beauty of it: Just keep coming, and anything! When I keep coming back, one of the benefits is the opportunity to do the next positive thing for myself and my recovery—go to a meeting, call my sponsor, read some literature, say a prayer, go for a walk. If I'm not going anywhere for the moment, I might as well do something that might help ease the pain, clarify the confusion, or just help me not get high. I love that moment when I look back and see that I didn't get high and did the next right thing. I got through it and I felt better. It really does work if you work it. And then there are the long-term benefits when we just keep coming back—the millions of moments when I just didn't get high add up to years of experience and growth. I thought I would never get over the guilt I felt in early recovery or the sadness of my mother's death. I thought my painful character defects would be with me forever. Changing jobs, losing a friend, or making a mistake at work would send me into a tailspin. So many things that seemed insurmountable in the moment became the foundation of who I am today. I learned to live in the moment, trust the process, and let the miracle happen. And that's the real beauty of it. If I just keep coming back, I get to grow into the person I'm meant to be. I hate to scare people, but I had years of confusion and discontent in recovery. I had read the Fourth Step and I thought it said we were going to get rid of that stuff, so I was very frustrated to still have it. I thought there was something wrong with me. Well, I reread it and it says we're going to sort through it, and it doesn't say it's going to happen overnight. The steps and the tools of Narcotics Anonymous are the keys to my growth and change, but there's no quick fix. I have to keep coming;

practice patience, trust, and acceptance; and allow the process to happen. I'm so glad I did (even though I was white-knuckling it at times) because I am mostly not confused and discontented anymore, even if it took years of sorting. So the perspective of time is another benefit of "just keep coming back." Mountains become molehills. Things we thought would never change, whether they're outside situations or personality traits, do. We come in as kids (no matter what our age) and grow into mature adults. Not everything can be fixed by work and determination; some things just take time. So when I hear someone share in a meeting, "Why am I still like this?" "Why do I still feel so bad about myself?" "Why can I still not get along with my mother?" I tell them to just keep coming back. The change is slow and gradual and often painful, but it's also ongoing and rewarding and awe-inspiring. Through all my highs and lows, I just kept coming back. I'm so proud that I stuck it out, so amazed with the results, and so lucky to be a part of Narcotics Anonymous. I hope you'll just keep coming back, too!

Nancy S, New York, USA

Thanks for

Listening

(NA Way January 2016)

I recently read a meditation on "active listening." For me, active listening was a skill that I just didn't have. Since childhood, my head had always been elsewhere and I had extreme difficulty concentrating on any one thing or person for any length of time. My sponsor suggested looking directly at everyone who shared. "Don't let anything distract you, and tell me what you heard." With a lot of work and practice it got easier, and I found that no matter what was spinning around in my head or what was happening in the room, actively listening had become who I am. I've found my "spiritual connection" at

meetings. I realized that my God speaks to me through other addicts. I've gone through periods when I was complacent in my recovery. My listening skills slipped and I found myself in meetings talking to others, joking around, playing with my phone, being a distraction to others, etc. "I'm listening," I told myself, but I wasn't because I could not tell you what I'd heard. While discussing this with other addicts and my higher power, I realized that this behavior was self-centered and a way for me to isolate. I recognized that I wasn't practicing the spiritual principles of Tradition Five—"to carry the message to the addict who still suffers." I needed to take a good look at fear, isolation, self-centeredness, resentment, complacency, accountability, and service in my writing. My responsibility to my recovery and our Fellowship is not only to carry the message, but to set an example for the newcomer and other addicts. When any addict shares, we can be supportive to them no matter what. Addicts have listened to me when I needed them to, and it is my responsibility to do the same. We all deserve to be heard! Some have told me that this is the age of technology and everyone is on their phones. Not during a meeting! If our heads are buried in our phones or anything else, we are not actively listening, no matter how we try to justify it. It's sad to me to see many members on their phones for almost entire meetings, even with years of cleantime. They are totally ignoring group formats that ask members not to use cell phones during meetings. That is disrespectful not only to other addicts, but also to the group. If we need to be on a cell phone for most or all of the meeting, then we can take it outside until we are done, or maybe try leaving the phone in the car for an hour. Maybe we need to ask ourselves, "Why am I here?" So, for all my brothers and sisters who are part of the solution ... thanks for listening! Anonymously Listening, Texas, USA

Writing Steps for Recovery (Behind the Walls)

Our vision is to carry the message that any addict can stop using drugs, lose the desire to use, and find a new way of life.

The Florida Region of Narcotics Anonymous has now helped introduce 23 self-sufficient NA meetings in FL and beyond; including, Coleman Federal Penn, Alabama, NW FL, Georgia, and South Carolina. The process began 7 years ago with the 'Pen Pal' project and developed into free-standing meetings; for inmates and by inmates. Many of these men and women are eager to work the steps and become involved in Narcotics Anonymous prior to release. The Florida Region of Narcotics Anonymous is working to realize our primary purpose by further implementing the "Writing Steps for Recovery (Behind the Walls)" initiative.

How can I help? Join the "Writing The Steps for Recovery (Behind the Walls)" project. This can be your next step in further carrying the message. Through "Writing The Steps for Recovery (Behind the Walls)", you have another opportunity to share your experience, strength, and hope; give back to an addict seeking recovery what NA has given to you.

If you are interested in gaining a State or Federal clearance or for more information and guidelines on the program, contact Gilbert O. at 813.245.5399.

Ask An Addict

(our literature's answers
on everything recovery...)

“Where in the literature does it say that I can’t get into a relationship?”

Here’s some of what our literature says about this:

Basic Text:

“Old friends, places and ideas are often a threat to our recovery. We need to change our playmates, playgrounds and playthings (p. 15-16)

“Relationships can be a terrible painful area. We tend to fantasize and project what will happen. We get angry and resentful if our fantasies are not fulfilled. We forget that we are powerless over other people” (p. 82)

Just for Today:

“We don’t know the first thing about how to have healthy intimate relationships” (April 1, p. 95)

“We can become too involved in our relationship. We can neglect old friends and our sponsor in the process. Then, when things get difficult we often feel that we can no longer reach out to those who helped us prior to our romantic relationship” (December 6, p. 356)

It Works How and Why:

“We may find several instances where we sacrificed our friendships for romantic relationships”

(43)

“We’ll most likely see fear of intimacy in each relationship or discover that we’ve never understood the difference between intimacy and sex” (p.44)

“Most of us find making amends for the damage we did in intimate relationships to be extremely uncomfortable” (p. 92)

Living Clean:

“Some of us are masters of projection. By the time we go on a first date with someone, we have already imagined the whole relationship, from steamy beginning to bitter divorce” (p. 156)

“There is so much in the way of our ability to have the kind of relationships we want: fear, selfishness, reservations and the belief that it will end badly. The more we take inventory, the more clearly we see the obstacles inside ourselves that stand between us and what we want. We may mistake our impulsiveness for intuition, and imagine that we have fallen in love as soon as we get excited” (p. 157)

“ ‘Don’t get into romantic relationships in your first year; might be the most repeated, least listened-to piece of advice in the fellowship. We need time to get our feet on the group, to build support, to work some steps and figure out who we are” (p. 158)

“It may be hard to admit, but the times when we most desire to be in a relationship are often the moments when we are least equipped to handle one.” (p. 159)

“How do I become a member?”

Here’s some of what our literature says about this:

Basic Text:

“There is only one require-

ment for membership, the desire to stop using.” P. 9

“We are a nonprofit society and have no dues or fees of any kind. Each of us has paid the price of membership. We have paid for the right to recover with our pain.” P. 10

“In accordance with the principles of recovery, we try not to judge stereotype or moralize with each other. We are not recruited and membership does not cost anything.” P. 11

“The only requirement for membership is a desire to stop using. 3rd tradition” P. 60 “Membership in Narcotics Anonymous is not automatic when someone walks in the door or when the newcomer decides to stop using. The decision to become a part of our Fellowship rests with the individual. Any addict who has a desire to stop using can become a member of NA.” p. 65

“We are accepted and loved for who we are, not in spite of who we are. No one can revoke our membership or make us do anything that we do not choose to do.” P. 62

“As my sponsor told me, your bottom is wherever you choose to stop digging. Membership doesn’t depend on extensive previous experience.” P. 284

It Works How and Why:

“We share an equal membership in NA, and we all have an interest in maintaining the unity that underlies its common welfare.” P. 91

“Our membership is richly varied, made up of

many addicts widely different backgrounds.” P. 93

“The Third Tradition helps NA offer recovery to so many addicts by freeing us from having to make judgments about prospective members. It eliminates the need for membership committees or applications. We are not asked to make decisions about anyone’s fitness for recovery.” P. 106

“Because we can’t judge the sole requirement for membership we are encouraged to open wide the doors of our meetings to any addict who wishes to join.” P. 106

“Membership is a personal decision reached by each individual. P. 106

“Each addict should be allowed to decide if NA is the answer for him or herself. We cannot make the decision for others.” Tradition Three p. 108

“So long as we have a desire to stop using we are free to make the decision to join Narcotics Anonymous.” P. 109

“The single requirement for membership helps ensure that no addict need die without having a chance to recover. We celebrate our equality and the freedom we share by welcoming any addict who has the desire to stop using.” P. 110

“Our membership, whether we are speaking of membership in NA as a whole or group membership, does not depend on the amount of money we give; indeed, we aren’t required to give any money at all in order to consider ourselves NA members.” P. 132

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it was for a while, but I could not understand why I wasn't happy. I had a lot of things in my life, and had achieved an expected level of professional, financial, and marital success. I say expected because I never knew those things were a gift. My life was a gift, my children were a gift, and recovery is grace. I didn't know how to be successful: I knew how to fail; I had been doing it all my life. I didn't know how to change, and I really didn't know that I needed to change. I kept thinking if my circumstances would just change, I would love myself one day. After years of struggling with my demons, I relapsed and stayed out for seven years. I went to the same depths that many of us have and I didn't think my life would get better, but I was fortunate to have been given the gift of desperation. When I came back to the program, I had an inkling of what I did wrong the first time, and for once in my life I was actually hearing the message, not the mess. I heard that the same person will use again, and if I didn't work a Fourth Step I would miss the gifts god had already given me. I had to get rid of the old so I could be open to the new. I knew I wanted a different life, and I also came to realize that I could only get that by working from the inside out. I came back with a broken spirit, and working the Fourth Step early in my recovery did not seem like a good idea; however, my sponsor had

different ideas. I wanted to stay clean, so I took suggestions and did it. I can say it was the beginning of having an open mind. I have since worked another Fourth Step, this one more revealing than the first. I have come to terms with my past and have figured out what makes me who I am and what could possibly make me feel like I had to use again. I discovered my resentments and why I couldn't form healthy relationships. In looking at my resentments, I found that I was the common denominator, but I had to look at why I had the resentments. Some of them were due to my upbringing, some were due to real wrongs done to me, and many were due to my unhealthy thinking. I took a look at all the cruddy stuff I did, but more importantly, why I did it. One of the things I discovered about myself was that every decision I've ever made in my life was made out of fear. I was afraid of life, was full of shame, and was always a victim. Through working the Fourth Step, I found I could get rid of these liabilities and that I actually have assets. I am so glad I did a thorough, searching, and fearless moral inventory because now I know where I am coming from. I am not placing my mood before my action; it is the opposite today. Mood follows action! If you are afraid to work a Fourth Step, it's okay, but our program offers us freedom from active addiction, and the steps are

how we get there, just for today.

Elizabeth N, Virginia,
USA Reprinted from June
2014 SHEVANA News,
Shenandoah Valley Area

Tradition 3. "The only requirement for membership is a desire to stop using."

I couldn't stop using despite my desire to do so. I was miserable and desperate and so incredibly lost. I was so very scared. I found a woman's meeting on Saturday mornings at the old old old Meeting Place. I would show up and sit with a wobbly cup of coffee and varied levels of consciousness. A few women, who didn't even know me, would hug me and hold me up. They would tell me, "It's going to be ok, just keep coming back." I am sure they said more but that is all I could hear. They stayed after and even spoke to my then 15-year old daughter and hugged her telling her the same. We kept coming back. Some days I was nodding, others I was alert. Either way; we kept coming back. The 3rd tradition is the foundation for such service. Without expectation; we help the newcomer by sharing our experience, strength, and hope. We tell the nodding-out, tweaked-out, twirling, still sick and suffering addict to just keep coming back, you never have to use again, it will be ok..... I still seek out those women and weep when I hug

them; tears of joy, tears of gratitude, tears of an immense appreciation that I cannot put to words. Thank you NA for knowing the path to recovery differs and a desire to stop can exist before the willingness to try this new way of life.

- Deborah AN

Tradition 4. "Each group should be autonomous except in matters affecting other groups or NA as a whole."

Tradition Four talks about two major ideas that at first glance might seem to be in conflict with each other: autonomy, or independence, and responsibility. While each group is somewhat independent, all groups have a responsibility to "NA as a whole."

This tradition is one that we deal with in our home groups all the time, whether we know it or not. Usually our groups exercise autonomy by being creative about meeting formats, business meetings, and other aspects of the home group that we think of as being internal to the meeting. Having been to meetings in a number of areas and countries, I know that the message is the same no matter how a group

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chooses to carry it.

I tend to feel less comfortable in meetings where the format is radically different from what I'm used to, but this tradition tells me that as long as a meeting is recognizable as an NA meeting, the group is free to practice autonomy in how it presents our message.

The "except where it affects NA as a whole" is a bit trickier. It Works: How and Why tells us that part of what this means is that we carry an NA message, not a message of recovery in general, or of a particular religion or spiritual practice, or a confusing message. It is suggested that a group inventory can help us assess whether we are indeed carrying out our primary purpose. It is also suggested that we think about whether what our group does affects the way newcomers and people outside the fellowship view "NA as a whole."

I have been involved in groups where part of what this meant was cleaning up carefully after meeting in public spaces, and making sure we did not disrupt other activities in the same locations.

Autonomy is awesome - it lets us use our creative freedom to figure out how to best reach addicts who are literally dying to hear our message. Our groups' responsibility to the larger fellowship ensures that we use this autonomy carefully, and in the spirit of love and service.

-Anonymous

Jenny Penny

Little girl so loved
Butterfly kisses and hugs
Prance through the yard, under the sun
Who would have thought you'd be the one

Back and forth, how could I chose
A fanciful battle I was destined to lose
Look at these eyes, Look at this face
Little girl so loved, why the dark place

Complicated life inside this head
Do you know how I'm feeling, did you hear what I said
I chose the other side, haven't you heard
Must I say it again, I stand by my word

My pleas disregarded too many times to count
Distress of this girl becoming paramount
Resentments like scar tissue, can't take anymore
Feelings of abandonment, like you walked out the door

You keep me here and you will see
Little girl so loved is no longer me
Take me away to a world unseen
Build up my walls, fuck being clean

Feelings no more, I won't be a fool
Happiness fades, it's all too cruel
It's the Devils soul I aquire a taste for
Away goes the pain, I hurt no more

Little hands and feet all dependant on me
You never have to choose, your heart will be free
I'll prove my worth, I'll prove my right
Til my last breath, for your life I will fight

I did it all alone, or so I will say
All my help will end in the darkest of days
Delusional, paranoid, scared to death
What the fuck did I do, I can't catch my breath

No son, no home, no dog, all alone
No one to turn to, no king to my throne
My home was in prisons and metered phone calls
Can't see the light until everything falls

I threatened you once and said you will see
But I'm so scared, will you please help me
Little girl so loved, Im on my way
I won't leave you, Im here to stay

Thoughts are a whirlwind, can't believe what's been said
No clue if it's real or just in my head
What the fuck have I done, I promised him I'd fight
For his own safety, leaving him was right

Locked in a cage, many days and nights
No words from this mouth, nightmares and fright
Unbeknownst to me, my lesson was learned
I regretted the day my family I mourned

Little girl so loved, it was all you
All in your head, you didn't have to choose
Unconditional love had never departed
Your fucked up mind is why this all started

Loved ones, time, and memories lost
Its all over now despite the cost
Give me your hands, I'll hold on tight
For this little boy, I promised I'd fight

Your dreams will come true, that's what she said
Bring all your stuff and sleep in this bed
You are now home, here are the keys
Promise me Jenny, we won't lose you to this disease

Dear Reaching Out,

I'm TR and I am an addict. I want to share my story because I found NA by looking in the newspaper. Now, does somebody who doesn't have a drug problem notice an ad for Narcotics Anonymous in the newspaper? Part of me wanted to go, but I laughed, thinking maybe tomorrow. Now, a bunch of tomorrows have come and gone. I have been down the road of active addiction a couple more times and I am now trying to start an NA meeting where there is none. How odd is that?

When I went to prison, the counselor told me to go to NA meetings. At first, I refused. After going to prison three times behind my addiction, I was finally ready. I finally attended my first meeting my third time in prison. I woke up on a Tuesday morning in my cell and for the first time I said to myself, "I surrender!" I was tired and sick, separated from the people who cared about me, and merely weeks away from being a father. That night, I went to a meeting and enjoyed it. It was full of experience, strength, and hope.

Reaching Out

Whether you are an NA member, a professional who works with recovering addicts, an incarcerated member, or a member who carries the message via service with Hospital and Institutions; the Reaching Out newsletter curated by NA World Services may be a resource for you. Reaching Out in its design helps incarcerated addicts connect to the NA program of recovery, enhances H&I efforts, and offers experience from members who have successfully transitioned from the 'inside' to be productive members of society. All are invited to share their experience, strength, and hope in the Reaching Out newsletter. The Reaching Out publication is seeking paid subscribers to assist in supporting our continued efforts to distribute the magazine to our members housed in state and federal facilities. Ask your home group to subscribe and help us carry the message. Contact Gilber O. at 813.245.5399 or via email at gbs92101@hotmail.com

Now I have three years clean. I chair a meeting on the inside and am working hard to start another. NA has changed my life by giving me a better perspective. I have a Higher Power today, thanks to the steps. Being a member is everything to me; I live for the day when I get to go to a meeting in the free world outside these walls.

I realize I will be an addict for life, but today I make the choice not to be an active one.

TR, NC

ANNIVERSARIES

MARCH & APRIL

A New Way

Danielle S 2/8/1996 20
Mike H 4/21/2003 13
Gary M 4/10/2012 4
Mark 3/15/2008 8
Mike S 4/22/2001 15
Mark 3/15/2008 8

Breakfast Club

Peggy C 2/14/2011 5
John 4/9/2015 1

Grow or Go

Saasha S 3/26/2009 7
Steph H 4/9/2005 11
Ray F 4/11/2014 2
Starr B 4/11/1987 29
Steve F 4/23/2006 10

The Height of NA

Louis G 4/18/1985 31
Keep The Faith
Gus C 3/3/2000 16
Carlos V 4/26/2007 9

Monday

Meditation

June S 2/14/2015 1

Never Too

Young To Recover

Megan P 3/12/2009 7

New Bite of Serenity

Tracy J 3/13/2006 10
Colin C 3/25/2008 8
Jonathon G 4/13/2014 2
Lisa I 4/23/2012 4

New Life

Myra C 3/11/2011 5

Oldtimers

Ramentha 3/11/2003 13
Tony G 4/7/1987 29
Eric B 4/1/1997 19

Quest For

Serenity

Juan J 1/2/2013 3

Radical

Recovery

Rick B 1/15/2014 2
Martin P 1/20/1987 29
Kimbra S 2/28/2014 2
Dawn A 3/28/2009 7
Willie Mc 4/5/1995 21
Kelvin B 4/8/2008 8

Recovery

Central

Todd F 2/4/2011 5
Chris B 2/19/2013 3
Damien S 3/9/2008 9
Gordon N 4/11/1983 33
Stan M 4/11/1986 30
Bobby R 4/22/2002 14
Pito 4/17/1984 ∞

Recovery In

Riverview

Sharon Mc 2/28/2009 7
Megan L 3/28/2010 6

Renegade

Recovery

Bob R 4/19/1991 25
Marilyn M 4/9/2015 1

Stepping Up

Brenda 2/24/2011 3
George 1/20/1992 24

Ties That Bind Us

Suzanne 3/2015 1

Triple "M" Group

Mike 3/2002 14

Women's Hope

Kimberly H 3/2/2014 2
Ashley N 4/4/2006 10
Meredith K 3/27/2009 7
Hannah C 4/20/2012 4
Tammie A 3/11/2002 14
Sandy M 4/5/2014 2

HG Not Submitted

Robert Y 2/1/1998 18

A Farewell

His name was Lorenzo but we all knew him as 'Pito'. He first went to NA in April of 1984 in NYC and stayed until his death in a motorcycle accident a few weeks ago. Pito relocated to our area with his wife a few years back. I got to know him and we discovered that we'd used in many of the same places during the '70's. Our paths may well have crossed back then. In those shooting galleries and tenement hallways. But it was not only our war stories that were similar. Both of us had been very involved in the early years of new NA areas. Both of our areas have grown into huge areas today. There is something very special about being involved in the birth and infancy of an NA area and being able to share that experience with another person.

Pito was a member of my home group, Recovery Central, and was a sponsee. He is the only member who appointed me to be his sponsor; "You're it Popy. I'll call you..." That was that! He had that gruff NYC street speech and affect but under that was a huge heart. He had a lot of compassion and he had that gift of empathy. Despite any surface differences he could connect with newcomers. Time and time again I watched him do it, he would seek them out, especially at the 10 pm meeting. The last person to speak with him was a 20 year old sponsee he had just started to work with. Pito 'walked the walk', for real for real.... Yeah, he did. I miss him. He was survived by his wife Denise, two daughters and son.... And by the Tampa Funcoast.

Gordon N

The Tampa Funcoast Area of Narcotics Anonymous Newsletter Committee welcomes your comments, ideas, announcements, and articles. Your submissions must adhere to the spiritual principles of The 12 Traditions of NA and cannot be copyrighted material from 3rd party persons or publications. Submissions may be subject to editing in order to adhere to the spiritual principles of The 12 Traditions of NA and/or the space constraints or the group's conscience of the Clean Times Newsletter.