

NEW ATTITUDES, The NORVANA Newsletter

May 2010

Monthly Quiz:

- 1. Is TWC weekend this coming weekend, May 7-9?**
 - 2. Do our ASC trusted servants serve for four year terms like presidents and most governors?**
- (Answers on page 2).**

THE NATURE OF ADDICTION

Our inability to control our usage of drugs is a symptom of the disease of addiction. We are powerless not only over drugs, but over our addiction as well. We need to admit this in order to recover. Addiction is a physical, mental and spiritual disease that affects all aspects of our lives.

The physical aspect of our disease is the compulsive use of drugs: the inability to stop once we have started. The mental aspect of our disease is the obsession, or overpowering desire to use, even when we are destroying our lives. The spiritual part of our disease is our total self-centeredness. We felt that we could stop whenever we wanted to, despite all evidence to the contrary. Denial, substitution, rationalization, justification, distrust of others, guilt, embarrassment, dereliction, degradation, isolation, and loss of control are all results of our disease. Our disease is progressive, incurable, and fatal.

[Basic Text, 6th Edition, pp. 20-21]

UNITY AND SURVIVAL

Our survival is directly related to the survival of the group and the Fellowship. To maintain unity within Narcotics Anonymous, it is imperative that the group remain stable, or the entire Fellowship perishes and the individual dies.

[Basic Text, 6th Edition, p. 62]

**Recovery Haiku: Azaleas gone
Light spring green slowly darkens
Clean again today**

REMINDER: SEND SUBMISSIONS TO norvananewsletter@cprna.org

NEW ATTITUDES, page 2, May 2010

Answers to monthly quiz:

- 1. No, TWC HAS BEEN POSTPONED TO JUNE 11-13 due to infrastructure problems at the campground.**
- 2. No, all ASC positions will be up for new nominations at the June ASC. If you think someone in your group would be a good servant, talk to them and see if they are willing to be nominated.**

The latest NA Way (our world newsletter, which comes out every 3 months) has the theme “OUR VISION, OUR FUTURE”. There were pieces describing fellowship growth around the world, and I found them uplifting. Here’s an excerpt from one of them:

I come from Macedonia, but I have been living in London for a long time now. Many times since I got clean I have been awestruck seeing a Higher Power at work, and this is one of those times. I go back to Macedonia to visit family and friends on a regular basis, and I always wanted to carry the NA message there. NA had not been established there yet. Last year I took some time to travel. After about a month of travel I got to Macedonia, settled in, and went to visit addicts in three needle-exchange locations. One is used by Macedonians, one by Albanians, and one by the Roma Gypsies. I kept showing up at these places, carrying our message, not being sure what would come out of it. Some were receptive and had never heard about NA, but they could see I was one of them. They couldn’t believe they could get clean just by having the desire to stop using, and that NA was free. I kept doing what we do – being myself, allowing HP to carry me on and do my best.

I had about seven days left there, and we agreed to have a meeting. On Tuesday at 11am, we had our first meeting. Only one addict showed up. “Oh, what a failure”, I thought. I still went on to do the meeting. We arranged another meeting for Thursday, and six people came. Although the country is divided along religious lines left over from the civil war, it was a mixed meeting, Macedonians and Albanians sitting together, sharing the desperation of being using addicts. It went really well; they could see there was something happening in that room.

We arranged another meeting for the next day, on Friday evening. We held the meeting in the office of this needle-exchange place and noticed they were using a voice-over Internet protocol on their computers. That evening, there were 8 of us in the room in (Macedonia and) 3 addicts joining from London, 2 from Belgrade, 2 from Croatia, and one from Montenegro. It was just amazing, and the hair on my neck still rises as I write this.

We agreed to have meetings Tuesdays and Fridays. We would do it via the internet and see how it went. A couple of days later I was back in London. I started to find speakers for the meetings, and many friends joined the group to support us. Since then it has been an incredible journey. I really was not sure if they were going to keep it going. They kept turning up, and for addicts struggling to stop using, they’ve done really well. Now addicts from (many countries) tune in to take part in carrying a message of recovery.

All of this is thanks to this beautiful fellowship we call Narcotics Anonymous. It gives us back so much more than just our lives.