



Page 1
WCNA 37 na.org

Page 2-3
Personal Stories
"Being Gay in N.A."
---Harold H.

Page 3-4
Step 8 --*Susan B.*

Page 5
Our symbol

SUBMIT !! SUBMIT!! SUBMIT!!

norvananewsletter@cprna.org
Newsletter meets every first Saturday of the month
at 6pm at 1-(857)-232-0357, conference code 235215

- + Artwork/poetry/doodles
- + N.A. related recovery experiences
- + Kind Komments or Koncerns ☺

August 30, 2018 through September 2, 2018

Orlando, Florida [WCNA 37](#) – “*The Magic Is Still Real*”

Excitement is building, and we are almost ready to open pre-registration and hotel reservations for WCNA 37! We expect to go on sale sometime in September 2017. We will send out an email when we know the exact dates. Right now, we are busy finalizing contracts and making arrangements for what is certain to be a wonderful celebration of our recovery in Orlando, Florida. We are also working to improve the onsite experience for everyone who pre-registers; we hope better use of technology will speed up the process of picking up your packages. There is another incentive to pre-register: We are planning a drawing for two full convention packages, including registration and all WCNA special event tickets (but not including pre-registration merchandise). All members who pre-register before the cutoff date will be

eligible. There will be more specific details about this when we registration opens.

Being Gay in N.A. - Harold H.

When I first came out of the closet, I had no clue what being gay is supposed to look like, or, how I was supposed act let alone feel. I was lost and uncertain about my place in society and about my place in Christ. When I was incarcerated I was around a bunch of men. My desire to have sex was not my main objective. I began a journey at that moment of respecting men and learning how to build relationships with no strings attached. My higher power had has a great sense of humor. Out of all the places to teach me the spirit of restraint, it was in jail. I felt this time was extremely powerful in my journey in the program. Consequently, when I arrived in Narcotics Anonymous, I was ready to

build relationships with myself and others; especially men. When men would share in the meetings, all I would hear them say is narrow-mindedness and name calling. They would say, “well the worst thing I did was sleep with a faggot.” With three to six months I internalized those comments and began to feel like I was the worst kind of dirty person; the worst kind of person that God had ever created.

My anger began to increase day by day and my willingness to attend meetings started to fade away. Thank god for my sponsor whom was also a gay man, and who also understood the pain and confusion I was feeling. He told me that everyone’s story was their story, their experience. I had to

begin to learn not to accept, not internalize what they were saying. At first it was extremely difficult until I began my step work. Step two was my saving grace. When I accepted that my higher power was a powerful resource for me and that he would love me unconditionally, this knowledge alone sparked hope in me that inspired my self-worth. I continued to try to build relationships with men, but I could feel the apprehension and trust issues men had with a lot of gay men in Narcotics Anonymous; with me. I have been fortunate to have met some male friends who are comfortable in their own skin, but I'm aware they are teased, questioned and berated about their manhood and questioned about their affiliation with me. I have a friend

who is very comfortable with himself, but many members of our N.A. community constantly question him about his relationship with me. I feel really bad for him and disgusted with the closed minded people who continue to not accept my sexuality. Today because of my friendship with men, I understand people are going to be where they are at, however my relationship with men is pure and loving. I have to navigate through the bigotry and distain for my life style every day. I pray every day that Narcotics Anonymous fellowship embraces the spiritual principle of love and acceptance of others. I love this process. I will not stop this process nor will I let anyone ever, EVER run me away from this process and the love I have for God.

Step Eight. -Susan B.

“We made a list of all persons we had harmed and became willing to make amends to them all.”

Step Eight was surely a test of my willingness to get real about my past. I wanted to feel unburdened from my past in the ways I had felt from the other previous steps. I knew that a brand new perception about my recovery and the world around me was needed. I had heard many talk about the rewards of feeling a new layer of being unbonded and I wanted that. I just had to want to make a list of those I affected negatively in my addiction.

This step required a new level of honesty with myself. I thought I knew what that was until I started to peel this layer of the onion. My sponsor had me look up the word harm in the dictionary. I knew harm was intentionally causing physical pain, like hitting or kicking, but I did not fully realize how bad inflicting emotional harm was. The real kicker was when my sponsor shared about how harm can be what you have done, but also what you *should have done* but did not. I mean, talk about a spiritual awakening.

I had some work ahead of me. I did not want to put myself on the list, because surely my dad who beat me

and the men who raped me, and the bullies in school should apologize to me first. We do not however, write the step about those who harmed us, that is about being victimized, rather about those WE harmed; victimization. I cried many tears sorting this out. Something definitely happens when you put stuff on paper though. You can't deny the past, and you have worked on yourself enough to know you don't want to shut the past off either. As the list grew longer and longer, we discussed the fact the most persons, facilities, jobs, were in Massachusetts, and that a different approach was in order to make amends. We talked about being ready to create emails and not send them, burn letters, and make mock phone calls. The folks I owed money to was so extensive, I had to write it down somewhere else separately.

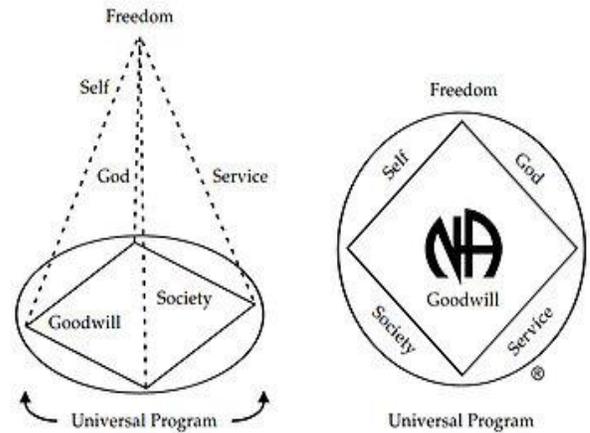
This whole process of not being as much of a victim and talking about some heavy duty pain of my past was so freeing. It helped that every meeting I went to was on step eight (lol). At the end of making the list, my reflection back then was, if life is a gift, and today is a present, what

was I waiting for? I knew then I was ready to muster the courage to move on to step nine to complete the amends to reach another level in my recovery. The list was actually not as hard as my head thought it would be.

Our Symbol-6th Editon Basic Text

Simplicity is the key to our symbol; it imitates the simplicity of our Fellowship. All sorts of occult and esoteric connotations can be found in its simple outlines, but foremost in the minds of the Fellowship are easily understood meanings and relationships. The outer circle denotes a universal and total program that has room within it for all manifestations of the recovering person.

The square, whose lines are defined, is easily seen and understood, but there are other unseen parts of the symbol. The square base denotes Good will, the ground of both the Fellowship and the members of our society. Good will is best exemplified in service; proper service is "Doing the right



thing for the right reason." When Good will supports and motivates both the individual and the Fellowship, we are **fully whole** and **wholly free**.

Probably the last to be lost to freedom will be the stigma of being an addict. It is the four pyramid sides that rise from the base in a three dimensional figure that represent Self, Society, Service, and God. All rise to the point of Freedom. All parts are closely related to the needs and aims of the addict who is seeking recovery, and to the purpose of the Fellowship which is to make recovery available to all. The greater the base, (as we grow in unity in numbers and in fellowship) the broader the sides of the pyramid, and the higher the point of freedom.