



My Life Story

A Journey of Survival Addiction and Redemption

By Jamel

My name is Jamel, and I grew up in the South Bronx, New York, in a single-parent household. My childhood exposed me to struggles that I did not fully understand at the time, but those experiences shaped many of the choices I would later make. My father went back and forth to prison and struggled with drug addiction. He was not consistently present in my life, although he came and went and did the best he could. I loved my father, and may he rest in peace.

My mother did what she could to take care of us. When I was young, she ran numbers, and I remember being in the number spot with her as a child. Looking back, I believe that early exposure may have contributed to my later love of gambling. I was the only boy in the household. Eventually, my mother made changes in her own life, went to college, and worked to create a better future for us. We moved to the Marble Hill Housing Projects around 225th Street.

Growing up, there were many things my mother simply could not afford to give me. I wanted the Jordans, the new leather jackets, and the things I saw other kids wearing. Wanting those things and wanting money led me toward the hustlers in my neighborhood. I began hustling because fast money seemed like a way to get what I wanted. That lifestyle eventually led to robberies, and at only fifteen years old, I ended up in jail. I came home when I was seventeen.

Around eighteen, I began drinking alcohol. At first, I did not consider myself a serious drinker. Over the years, however, my life continued to revolve around the streets, incarceration, and survival. I spent years going in and out of prison, including periods during the 2000s and again before coming home in 2015. Prison kept me away from drugs for stretches of time, but it also prevented me from fully experiencing the consequences of my addiction. Once I was home, alcohol became a bigger part of my life.

In 2016, I moved to Las Vegas. That was when my drinking became much worse, and I began experiencing blackouts. Around the same time, I was dealing with sciatic nerve pain and was prescribed Percocet. That prescription introduced me to pills in a way that eventually became an addiction. I was drinking and taking pills together. I also experimented with ecstasy and Molly, but I did not like the way they made me feel or how long they kept me awake.

Gambling also became a major part of my life. Living in Las Vegas made it easy for me to gamble heavily. I worked on the road, lived out of hotels, made money, drank, took pills, and gambled. Slowly, I lost sight of who I was. Even though I was no longer committing the same crimes I had committed in the streets when I was younger, I was still living with the same hustler mentality. I could fast-talk people, get over on people, and find ways to make a quick dollar. I eventually realized that even if drugs did not destroy me, the negative lifestyle I was living could.

September 8, 2022 became one of the biggest turning points of my life. I was drunk and on pills when I was stabbed eight times and nearly lost my life. I remember feeling as if I was dying, and I remember calling on my higher power, whom I call God, and asking for another chance. I spent time in the hospital unable to walk, talk, or even go to the bathroom on my own. All I could do was lie there and call on God.

But even after surviving something that serious, I was not immediately ready to change. When I got better, I returned to gambling. I was prescribed OxyContin and became addicted to it. I mixed the pills with alcohol and continued gambling. Addiction had such a strong hold on me that even surviving eight stab wounds was not enough by itself to make me stop.

After my grandmother passed away in 2024, I returned to the East Coast and back to New York. That same year, I married my wife. Deep down, I knew I needed a change in my life and a change of scenery. My wife and I

eventually moved from Washington, D.C. to Virginia. After I was arrested, my wife found a program called Rivendell Treatment Facility, and they came and got me out of jail.

By that point, I knew I needed help. I had reached a place where I wanted to drink, take pills, go to sleep, and not wake up. I did not want to take my life with a gun, but I was tired of living the way I was living. The hardest part was that I did not fully understand that I was an addict. I knew something was wrong, but I did not know what to do about it.

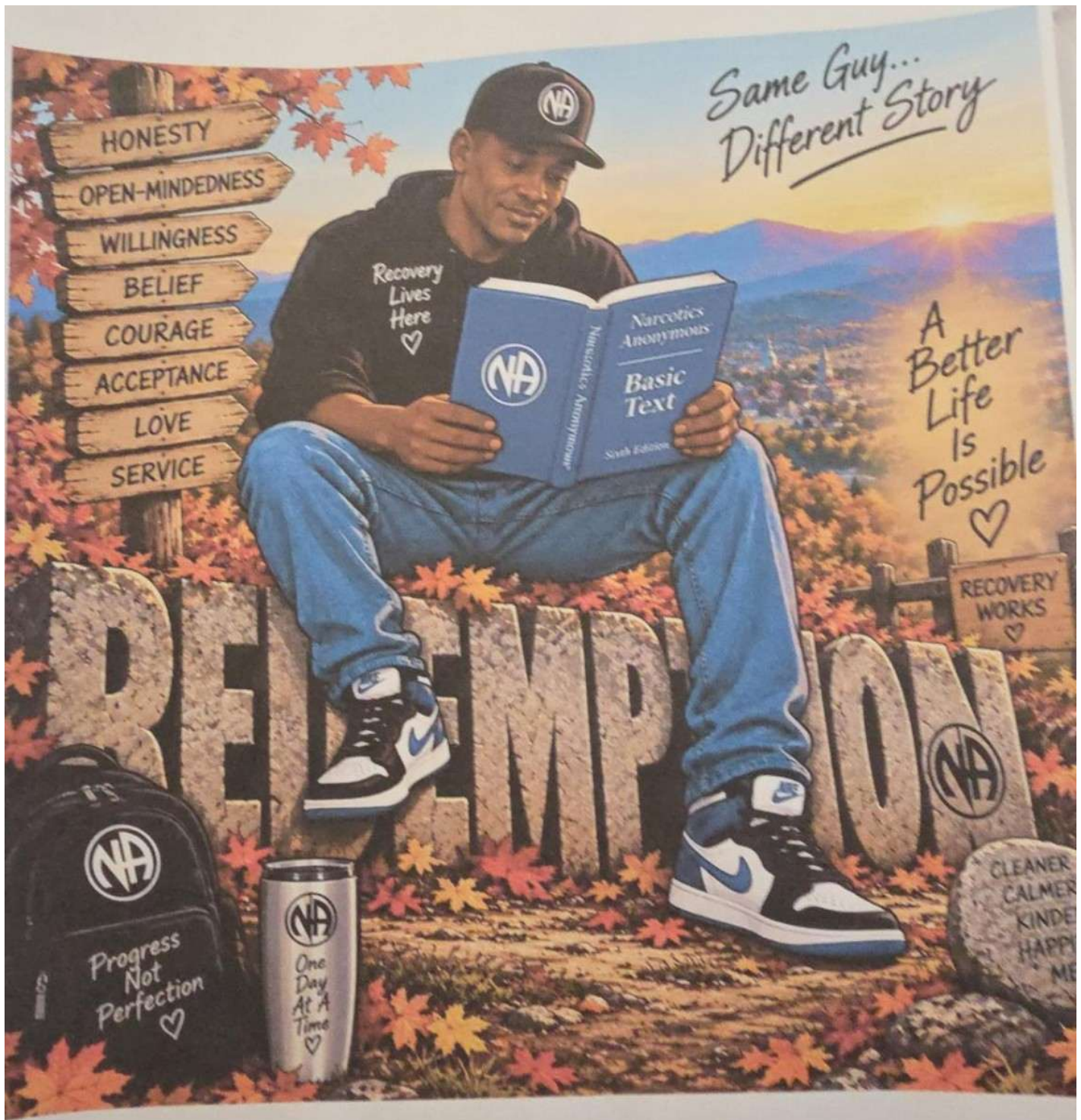
On August 13, 2025, I entered Rivendell Treatment Facility. This time, I surrendered. I gave everything to my higher power and became willing to do what was suggested. I worked the steps, got a sponsor, and began listening instead of believing I had all the answers. A Member played a vital role in the beginning of my recovery. He gave me my first Basic Text and told me to read it. That simple act became part of a much bigger change in my life.

Today, I have a sponsor, who is valuable in my life, and I have a recovery network around me. I am approaching fourteen months clean. When I look back at where I came from - the South Bronx, the streets, prison, alcohol, pills, gambling, being stabbed eight times, and reaching a point where I no longer wanted to wake up - I understand how remarkable it is that I am still here.

Continued on the next page

My Life Story - continued

My story is not only a story about addiction. It is a story about survival, surrender, faith, and redemption. For years, I thought hustling meant finding a way to survive, make money, and get what I wanted. Today, I understand that real strength is being willing to change. Recovery has taught me that I do not have to live the way I used to live. I have another chance at life, and today I am choosing to use it.



Anonymity & Sponsorship

Protecting Anonymity

Newsletter anonymity entry

Anonymity is one of the core values of NA. From our groups being autonomous, to protecting identity, we must uphold the trust we put in each other.

One of the many important reasons for anonymity for some members is for professional reasons. Addicts in Narcotics Anonymous come from many walks of life and many of us have professional careers that if word got out that we are an addict or we attend NA meetings, it could cause issues and even lead to termination.

Some recover loudly; others quietly. This is the beauty of autonomy, we get to choose what works for us.

So the next time you're at an event, consider that photograph you took before posting it. Or when you're posting or tagging on social media, consider who you are "outing". Many of us do recover "Out Loud"...but many do not. So let's all do our part to help protect each other's anonymity.

~Wendy D.

Sponsorship in Name Only

Having a sponsor in name only means you can say, "I have a sponsor," but the sponsor-sponsee relationship isn't really being used.

In NA, having someone's phone number or calling them your sponsor is only the beginning. Sponsorship becomes meaningful when there is honest communication, regular contact, willingness to listen, working the Steps, and allowing another recovering addict to see what we sometimes can't see in ourselves.

Sometimes we can attend meetings, have a sponsor, collect clean time, and still keep our struggles completely to ourselves. We may call our sponsor when everything is fine but disappear when our thinking gets dark. We might ask for suggestions but only follow the ones we already agree with. At that point, we have a sponsor in name, but we aren't receiving the full benefit of sponsorship.

A sponsor cannot do our recovery for us. But when we become willing to say, "This is what is really going on with me, and I need help," sponsorship can become one of the strongest relationships in our recovery.

The question may not simply be, "Do I have a sponsor?"

It may be:

"Does my sponsor actually know me—and do they know what I'm struggling with today?"

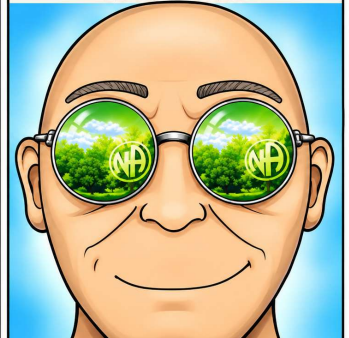


HOME GROUP

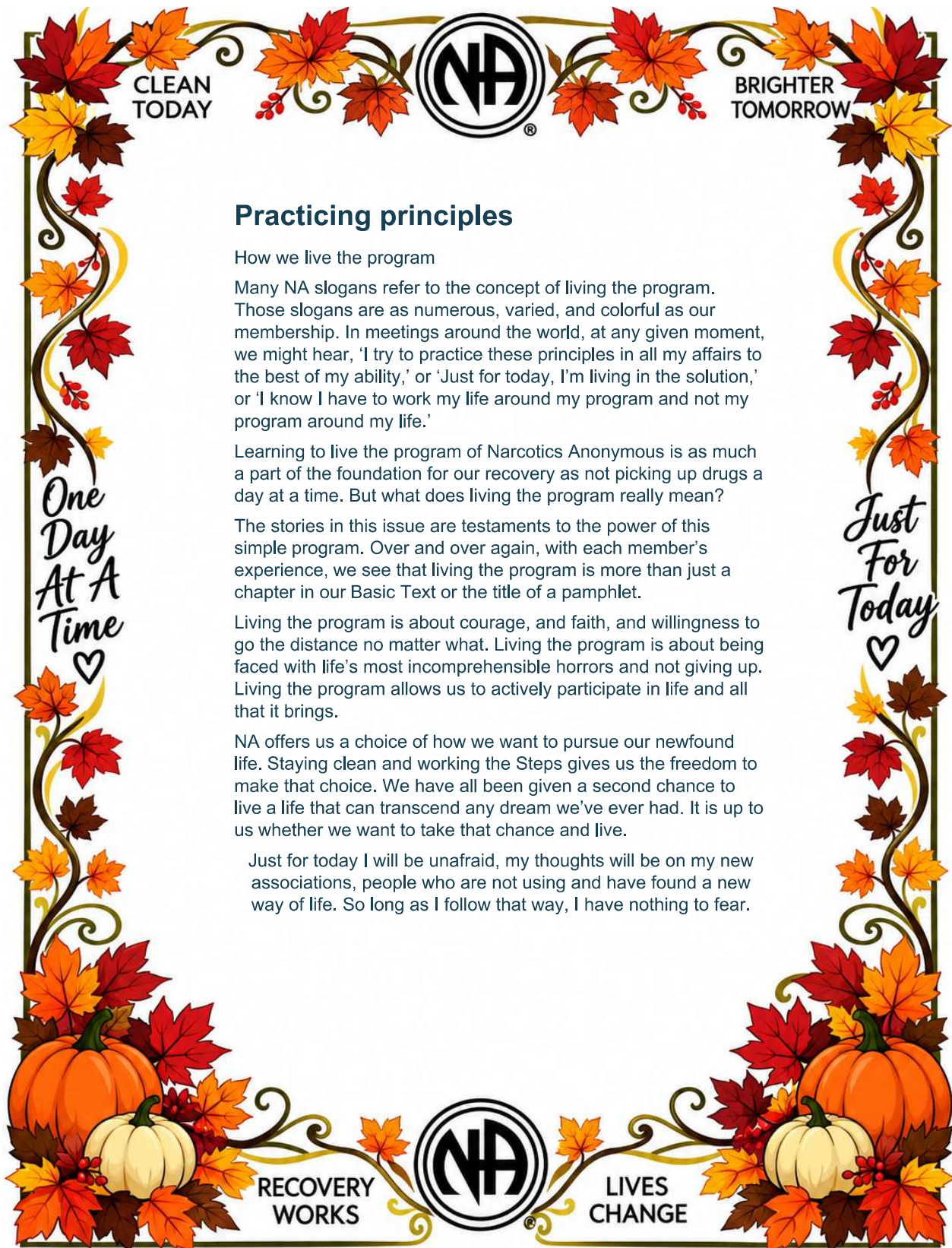
BEFORE RECOVERY, WE COULD ONLY SEE THE DARKNESS IN OUR LIVES.



AFTER RECOVERY, WE HAVE THE FREEDOM TO LIVE OUR LIVES WITH EYES WIDE OPEN.



Practicing Principles



Dear NA

The Dear NA column shares recovery reflections and does not replace sponsorship or direct personal guidance. Responses draw on approved NA literature and shared fellowship experience.

Dear NA: When a Sponsor Breaks Your Trust

Dear NA,

I recently celebrated my clean time, something that should have been one of the happiest and most meaningful moments of my recovery. Instead, it became an experience that left me feeling humiliated, betrayed, and emotionally devastated.

My sponsor at the time agreed to do my discussion lead during my clean-time celebration. I trusted her with my personal struggles, my past, and the things I had shared with her in confidence. But during my celebration, she broke my anonymity and called me worthless.

Imagine sitting there, celebrating how far you've come, only to have the very person who was supposed to support you tear you down in front of others.

I came to Narcotics Anonymous because I wanted a new way of life. I came to find hope, healing, and people who understood my struggles. I never expected someone I trusted with my recovery to use that trust in a way that would hurt me so deeply.

The emotional toll eventually became overwhelming, and I experienced a nervous breakdown. I struggled with what had happened, questioned myself, and wondered how someone who was supposed to help guide me through recovery could treat me that way.

Eventually, I made the difficult decision to fire my sponsor and find a new one. I didn't make that decision out of anger or revenge. I made it because I needed to protect my recovery and surround myself with people who could help me grow spiritually rather than tear me down.

Since then, my former sponsor has seemed bitter about my decision. Instead of respecting my choice to move forward, she appears to still hold resentment toward me.

And that brings me to my questions.

Dear NA, when does sponsorship stop being about helping another addict and start becoming about control?

Isn't sponsorship supposed to be built on trust, honesty, compassion, and mutual respect?

Shouldn't the things we share with our sponsors remain confidential unless we give permission for them to be shared?

And when a sponsor publicly humiliates a sponsee, shouldn't we be able to walk away without being made to feel guilty for choosing someone else?

I know sponsors are human. They make mistakes, just like the rest of us. But being human doesn't mean we shouldn't take responsibility when our actions hurt another addict.

I am grateful that I found another sponsor. I am grateful that I didn't allow this experience to drive me away from the rooms. And I am grateful that, despite everything, I am still clean.

But I am still trying to heal from what happened.

So, Dear NA, how do we handle a former sponsor who broke our trust, publicly humiliated us, and continues to show resentment because we chose to move on?

How do we practice forgiveness without allowing someone to continue hurting us?

And how do we remind ourselves that having a sponsor is an important part of our recovery, but that no sponsor has the right to make us feel worthless?

Signed,

Still Clean, Still Healing, and No Longer Willing to Be Treated as Worthless

Dear NA Responds

Dear Still Clean, Still Healing,

First, congratulations on your clean time and for continuing your recovery despite such a painful experience.

What happened during your celebration was hurtful, and you have every right to acknowledge that pain. A clean-time celebration should be an opportunity to celebrate the miracle of recovery, not a time for someone to publicly humiliate another addict.

Sponsorship is about guidance, not control.

A sponsor is another recovering addict who shares their experience, strength, and hope. A sponsor is not our boss, our therapist, or someone who has authority over our lives. Sponsorship is a relationship built on trust, honesty, and mutual respect.

When we share our deepest fears, secrets, and struggles with a sponsor, we do so because we trust that person. Publicly sharing sensitive information without permission can damage that trust.

And calling another addict worthless? That is not a message of hope.

In Narcotics Anonymous, we learn that no addict is beyond recovery. We come into the rooms carrying enough shame, guilt, and pain. We don't need someone adding to that burden.

You have the right to change sponsors.

Choosing a different sponsor does not mean you are ungrateful, disloyal, or unwilling to work a program. Sometimes sponsorship relationships simply stop working. Sometimes trust is broken. And sometimes we need a different person to help us continue growing.

You do not need your former sponsor's permission to move forward.

As for her resentment, remember that you cannot control how another person responds to your decisions. You can only take responsibility for your own actions.

You can be respectful without maintaining a relationship that is harmful to your well-being.

You can practice forgiveness without pretending that what happened was acceptable.

And you can wish someone well without inviting them back into your personal life.

Forgiveness does not require reconciliation.

You don't have to rush your healing, either. Talk with your new sponsor, share honestly about what happened, and lean on trusted members of your support network. If the emotional distress continues, seeking professional support is also a healthy option.

If your former sponsor continues to make hurtful comments or share your personal information, you can calmly establish boundaries and seek guidance from trusted members about addressing the behavior appropriately.

Remember, NA is a fellowship of recovering addicts, not perfect people. One person's behavior does not represent the entire fellowship.

And perhaps the most important thing to remember is this:

Your former sponsor did not give you your clean time.

She did not earn it for you.

She does not own your recovery.

Your clean time belongs to you.

You kept coming back. You made the decision to find another sponsor. You continued working on yourself even when you were hurting.

That is something worth celebrating.

Don't let one person's words become the definition of your worth.

You are not worthless. You are an addict in recovery who deserves dignity, respect, and the opportunity to heal.

Keep coming back, keep working your program, and keep surrounding yourself with people who carry the message of hope.

Because sponsorship should help us find our worth, not make us question whether we have any.

In loving service,

Dear NA

Recovery Reflection

SPONSORSHIP • TRUST • HEALING

Healthy sponsorship supports recovery through honesty, respect, and shared experience. Use these questions for personal reflection or a home-group discussion.

1. What helps me feel safe and respected when I share in recovery?

2. What healthy boundaries support my recovery and peace?

3. Who can I reach out to when I feel hurt, overwhelmed, or alone?

4. How can I practice forgiveness without pretending the hurt was okay?

5. What reminds me that my recovery and clean time belong to me?

Dear NA: Really Struggling

Dear NA,

I'm really struggling right now.

I want to stay clean. I want to continue building my clean time, and I don't want to go back to the life I had before. But lately, staying clean has felt harder than I want to admit.

I have a sponsor. I go to meetings. I have people I can call. I hear the messages, and I know what I'm supposed to do. But somehow, I'm still struggling inside.

Some nights I can't sleep because my mind just won't shut off. I think about using. I think about giving up. Then I get scared because I've worked so hard for the clean time I have, and I don't want to lose everything I've gained.

People tell me, "Just for today," and I understand what that means. But sometimes even getting through today feels overwhelming.

The hardest part is that I feel like I shouldn't be struggling this much. I wonder, What's wrong with me? I'm going to meetings. I'm talking to my sponsor. Why am I still feeling like this?

I don't want to use.

I don't want to give up.

But I'm afraid that if I keep feeling this way, eventually I might.

So I'm reaching out before that happens.

How do you get through the days when the desire to stay clean is there, but the struggle feels stronger? What do you do when you're doing the things you've been taught and you're still hurting?

How do I hold on when part of me feels like letting go?

— Really Struggling

Dear NA Responds

Dear Really Struggling,

First, thank you for telling the truth. You may not realize it right now, but reaching out and saying, "I'm struggling, and I don't want to give up," is an act of courage. You didn't keep it completely to yourself. You put your hand up and told the fellowship where you are. That's what we do here.

Having a sponsor, attending meetings, and working a program doesn't mean you'll never struggle. Recovery doesn't promise us that every day will be easy. It gives us a way to get through the difficult days without having to use.

Right now, don't worry about staying clean forever. Staying clean forever can feel impossible at 2:00 in the morning when your mind won't stop racing. Can you stay clean for today? If today feels too big, can you stay clean for this hour? And if an hour feels too big, stay clean for the next five minutes. Then do another five.

Call your sponsor and tell them exactly what you told us. Don't clean it up. Don't say, "I'm fine," when you're not. Tell another recovering addict too. Get to a meeting and, when it's your turn to share, say, "I'm struggling and I need help staying clean today." Give the people in the rooms the opportunity to show up for you.

You asked why you're still struggling even though you're doing the things you've been taught. Maybe the question isn't, "Why am I struggling?" Maybe the question is, "What spiritual principle can I practice while I'm struggling?"

Honesty when you want to hide. Willingness when you don't feel like trying. Humility when you need to ask for help. Acceptance when you can't change how you feel in this moment. Faith when you can't see what tomorrow looks like. And hope when all you can manage is believing that maybe tomorrow can be different.

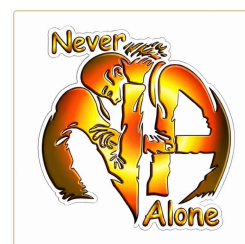
Your feelings don't have to make your decisions for you. You don't need to have recovery figured out tonight. You don't need to feel strong every minute. You just need to keep reaching for the next hand.

Stay close to your sponsor. Stay close to the meetings. Pick up the phone before you pick up anything else. And when your own hope feels small, borrow some from the people around you. There are people in the fellowship who once sat awake at night wondering whether they could make it another day. Some of them are now celebrating years clean. Don't leave before you get the chance to find out what your story can become.

Just for today, stay. With love and hope

In loving service,

Dear NA



Let's Celebrate



RECOVERY

Celebrations

ONE DAY AT A TIME
STRONGER TOGETHER

Audrey - 60 days - 10/8
Brad - 90 days - 10/9
Liz - 90 days - 10/3
Stacie H. - 6 months - 10/5
Stephen C. - 6 months - 10/22
Doris F. - 6 months - 10/5
Dick H. - 6 months - 10/10
Angel M. - 2 years - 10/7
Marlene C. - 18 months - 10/10
Spencer P. - 1 year - 10/1
Jayson M. - 2 years - 10/10
Greg C. - 3 years - 10/10
Ellen C. - 1 year - 10/19
Angel B. - 2 years - 10/19
Chris S. - 1 year - 10/19
Murphy P. - 2 years - 10/29
Bailey R. - 7 years - 10/6
Jr. - 8 years - 10/3
Payton - 7 years - 10/4

Different Journeys - Same Hope

Upcoming Events



Dulles Annual Picnic
SATURDAY 17 OCTOBER
12-5pm
Algonkian Regional Park | Shelter #3

EVENT SCHEDULE **\$5 Entry**

12:00 PM — FOOD 🍔

2:00 PM — KICKBALL, GAMES & MORE! ⚽

3:00 PM — MEETING

RAFFLE TICKETS FOR SALE!
 | 1- \$1, 6- \$5 : Tickets |

ACTIVITIES
 | FACE PAINTING! | RAFFLES! | PIE IN THE FACE! |
 | CORNHOLE! | TYE DYE BANDANAS! |



SHEVANA SPECIAL EVENTS COMMITTEE PRESENTS:

Hello Autumn Hootenanny!!



DJ DANCE!!!

Saturday, Oct. 24, 2026

Market Street United Methodist Church
 131 South Cameron St. Winchester, VA

Doors open 7:00pm – 10:00pm

\$5 Suggested Donation

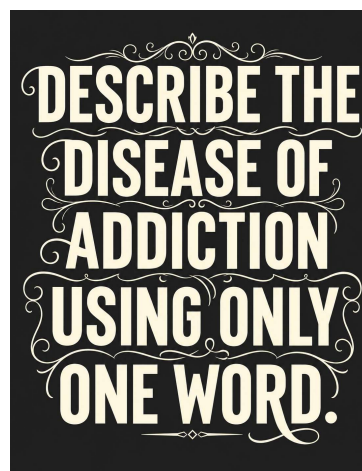
Hot Dogs, water, coffee provided chips/snacks welcome!

For more information contact: Linda A - 540-664-6077



FSRANA XXXII: Lost Dreams Awaken

November 27–29, 2026
 Hyatt Regency Inner Harbor
 300 Light Street
 Baltimore, MD 21202



Anonymity Lives On: Honoring NA Members After They Pass Away

UNITY • ANONYMITY • HOPE

When a member of Narcotics Anonymous passes away, the loss can be deeply felt throughout the fellowship. We remember the meetings they attended, the experience they shared, the service they performed, and the hope they gave to others. As we grieve and celebrate their life, we should also remember that the principle of anonymity does not automatically end when a member dies.

Anonymity is more than keeping someone's name secret. It is the spiritual foundation of our Traditions. It reminds us to place principles before personalities and protects every member's right to decide when, where, and with whom their recovery story is shared.

A member may have openly discussed belonging to NA during their lifetime, but that does not necessarily give others permission to announce it publicly after their death. A memorial post, obituary, newspaper article, livestream, or public social-media tribute can reach far beyond the rooms of NA. Once information is posted publicly, it can be copied and shared in ways that cannot be taken back.

Protecting a deceased member's anonymity can also protect their family. Relatives may not know that the person attended NA, or they may not want details about addiction and recovery shared publicly. Even when our intentions are loving, identifying someone as an NA member could cause pain, unwanted attention, embarrassment, or misunderstanding for those left behind.

Within the fellowship, members naturally want to remember someone they loved. We can share memories and offer support while still practicing care and discretion. Before including NA membership in a public obituary, memorial program, online tribute, fundraiser, or news story, it is wise to speak with the person's family and consider what the member would have wanted. We should never assume that our personal connection gives us the right to tell someone else's story.

We can honor a deceased member without publicly identifying them as an NA member. We might speak about their kindness, courage, service, humor, generosity, or the positive changes they made in their life. We can say that they helped others and brought hope to people who were struggling. These tributes celebrate the person without revealing their fellowship membership.

Care should also be taken with photographs. Posting pictures taken inside an NA meeting, at an NA convention, or at a fellowship event may identify other members who have not given permission to appear publicly. Meeting lists, NA symbols, name tags, banners, and recognizable faces can unintentionally break anonymity.

Anonymity does not mean that we forget the member or pretend their recovery did not matter. It means that we honor them with the same dignity and protection we would have offered while they were alive. We can hold memorial meetings, support grieving members, share appropriate memories, and carry forward the spiritual principles the person demonstrated.

Perhaps the greatest tribute we can give is to continue carrying the message. Every time we welcome a newcomer, answer the phone, share honestly, sponsor another addict, or serve the fellowship, a small part of that member's influence continues.

Death may end a person's physical presence, but it does not erase the respect they deserve. By continuing to protect their anonymity, we honor their life, their recovery, their family, and the spiritual principles of Narcotics Anonymous.

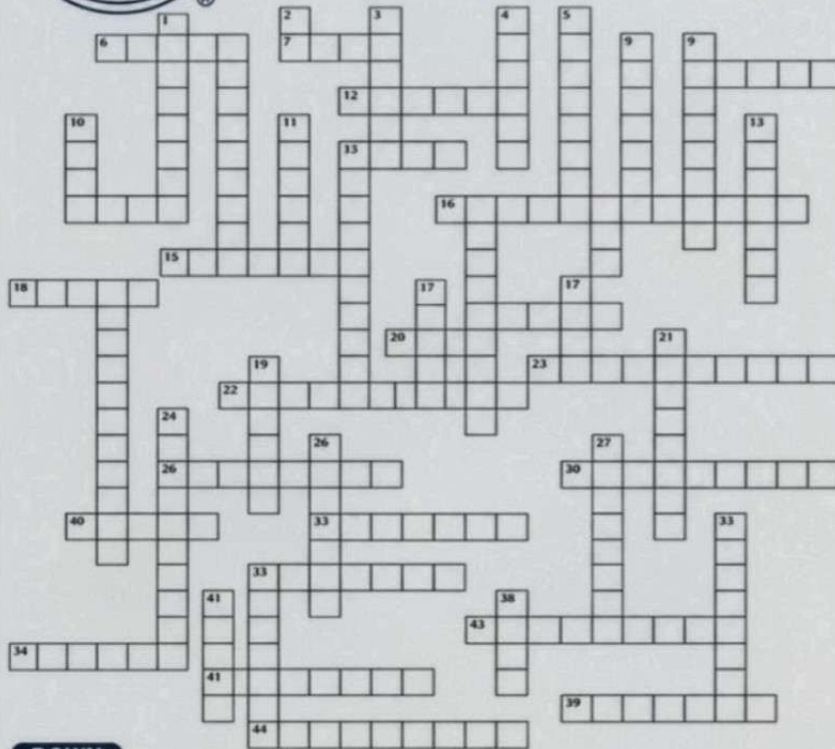
Our members may leave us, but our responsibility to treat their stories with love, dignity, and respect lives on.

48 Musts of the Basic Text



48 MUSTS

OF THE BASIC TEXT



DOWN

1. "We MUST _____ what was done to us from what we did to others." - pg. 37
2. "Our Sixth Tradition tells us some of the things we MUST do to _____ and protect our primary purpose." - pg. 66
3. "We MUST realize that we are not ____." - pg. 35
4. "We MUST carefully choose the _____ who is to be our fifth step. We MUST make sure that they know what we are doing and why we are doing it." - pg. 31
5. It is said that for _____ to be of value, the results MUST show in our daily lives." - pg. 46
7. "We MUST totally _____ ourselves to the program." - pg. 81
9. "If we have _____, it is important to keep in mind that we MUST get back to meetings as soon as possible." - pg. 80
12. "We MUST, use what we learn or we will lose it, no matter how _____ we have been clean." - pg. 82
13. "Our experience tells us that we MUST become willing _____ this step will have any effect." - pg. 36
14. "We MUST give up this old _____ and face the fact that reality and life go on, whether we choose to accept them or not." - pg. 53
15. "An _____ of recovery in our groups is one of the most valued assets, and we MUST guard it carefully, lest we lose it to politics and personalities." - pg. 61
17. "We are people with the disease of _____ who MUST abstain from all drugs in order to recover." - pg. 18

19. "When we are prepared, we MUST try out our newly found way of life. We learn- the program won't work when we try to _____ it to our life. We MUST learn to _____ our life to the program." - pg. 55
20. "We MUST remember the _____ that they have known." - pg. 40
22. "A second admission MUST be made before our _____ is complete." pg. 21 Explanation: It is not enough to admit that we are powerless over drugs, we MUST also admit that our lives had become unmanageable.
25. "We MUST face our _____ and our feelings." - pg. 15
26. "Eventually we are shown that we MUST get _____; we will use again." - pg. 82
29. "We MUST give freely and _____ that which has been freely and _____ given to us." - pg. 47
30. "Assets MUST also be considered, if we are to get an accurate and complete _____ of ourselves." - pg. 28
31. "We MUST live and work _____ as a group to ensure that in a storm our ship does not sink and our members do not perish." - pg. 60
36. "We MUST smash the _____ that we can do it alone." - pg. 82
37. "We MUST relearn many things that we have forgotten and develop a new approach to life if we are to _____." - pg. 77
38. "Staying clean MUST always come _____." - pg. 82
39. "We MUST use what we learn or we will _____ it in a relapse." - pg. 81

ACROSS

6. "Some things we MUST accept, _____ we can change." - pg. 92
8. "Everything that occurs in the course of N.A. _____ MUST be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers." - pg. XXVI
10. "We MUST be _____." - pg. 32
11. "We MUST remember that _____ have been placed in trust that we are trusted servants, and that at no time do any of us govern." - pg. 61
15. "Some things we MUST _____, others we can change." - pg. 92
16. "In order to receive we MUST be willing to _____." - pg. 102
17. "Our disease involved much more than just using drugs, so our recovery MUST involve much more than simple _____." - pg. 53
18. "No matter how painful life's _____ can be for us, one thing is clear we MUST not use no matter what!" - pg. 98
21. "To improve ourselves takes effort and since there is no way in the world to _____ a new idea on a closed mind, an opening MUST be made somehow." - pg. 75
23. "Recovery found in Narcotics Anonymous MUST come from within, and no one stays _____ for anyone but themselves." - pg. 80
24. "We MUST be done with the _____ and not cling to it." - pg. 28
27. "When we feel the old urges come over us, we think there MUST be something wrong with us, and that other people in Narcotics Anonymous couldn't possibly _____." - pg. 79
28. "We MUST always remember that as individual members, groups, and service committees we are not and should never be in _____ with each other." pg. XXVI
32. "Although He already knows, the _____ MUST come from our own lips to be truly effective. 'Step five is not simply a reading of step four.'" - pg. 31
33. "We realize we MUST do _____." - pg. 78
34. "We MUST first understand what N.A. is. Narcotics Anonymous is addicts who have the desire to stop using, and have _____ together to do so." - pg. 70
35. "As with each step we MUST, be _____." - pg. 38
37. "We never know when the time will come when we MUST put forth all the effort and _____ we have just to stay clean." - pg. 93
40. "We come here _____ and the power that we seek comes to us through other people in Narcotics Anonymous, but we MUST reach out for it." - pg. 79
41. "_____ is a MUST in Narcotics Anonymous." - pg. 60
42. "In order to achieve our _____ aim, Narcotics Anonymous MUST be known and respected." - pg. 71
43. "We MUST be _____ to do whatever is necessary to recover." - pg. 93
44. "We MUST be constantly on guard that our decisions are truly an _____ of God's will." - pg. 61

Literature References & Where to Find Them

IP means Informational Pamphlet. The sources below provide supporting reading for this issue. Member stories and Dear NA responses are member-written reflections; they are not verbatim extracts from these pamphlets.

Related IPs by article

When a Sponsor Breaks Your Trust

IP #11, Sponsorship; IP #19, Self-Acceptance; IP #16, For the Newcomer. Read about a supportive, private sponsorship relationship, self-worth, and anonymity.

Dear NA: Really Struggling

IP #6, Recovery & Relapse; IP #8, Just for Today; IP #9, Living the Program; IP #11, Sponsorship; IP #22, Welcome to Narcotics Anonymous. Related reading on staying clean, daily recovery, and asking for help.

Sponsorship in Name Only

IP #11, Sponsorship. See WHO is a sponsor?, WHAT does a sponsor do?, and HOW do we use a sponsor?

Protecting Anonymity

IP #15, PI and the NA Member; IP #16, For the Newcomer. Also see the Basic Text, Chapter Six, Traditions Eleven and Twelve.

Practicing Principles

Source: The NA Way Magazine, October 2002, Volume 19, No. 4, page 1: Practicing principles - How we live the program. Related IPs: #8, Just for Today, and #9, Living the Program.

Books and quoted literature

Narcotics Anonymous (Basic Text), Sixth Edition: Introduction (service quotation on the closing page); Chapter Four, How It Works; Chapter Six, The Twelve Traditions; Chapter Seven, Recovery and Relapse; Chapter Nine, Just for Today - Living the Program. The crossword uses Basic Text passages and edition-specific page references.

The closing Tradition Twelve quotation is from NA's Twelve Traditions. My Life Story by Jamel and Protecting Anonymity by Wendy D. are member submissions.

Read the IPs online

IP #6 - Recovery & Relapse

na.org/e-lit/ip-6-recovery-relapse/

IP #8 - Just for Today

na.org/e-lit/ip-8-just-for-today/

IP #9 - Living the Program

na.org/e-lit/ip-9-living-the-program/

IP #11 - Sponsorship

na.org/e-lit/ip-11-sponsorship/

IP #15 - PI and the NA Member

na.org/e-lit/ip-15-pi-and-the-na-member/

IP #16 - For the Newcomer

na.org/e-lit/ip-16-for-the-newcomer/

IP #19 - Self-Acceptance

na.org/e-lit/ip-19-self-acceptance/

IP #22 - Welcome to Narcotics Anonymous

na.org/e-lit/ip-22-welcome-to-narcotics-anonymous/

All IPs and free literature

na.org/literature/recovery-literature-in-english-usa/

Open a title, then select View PDF to read or print the pamphlet.

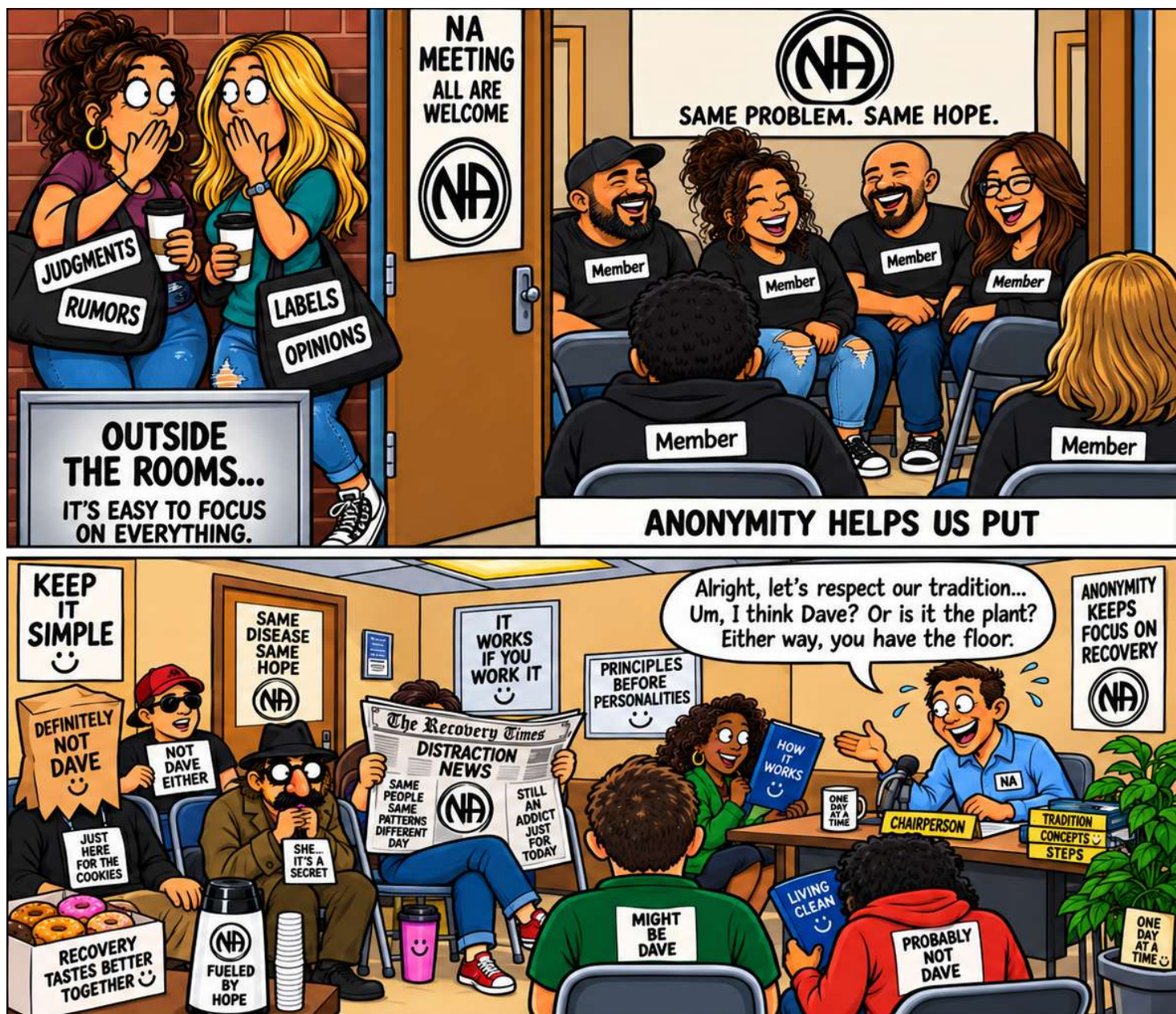
Original magazine article

The NA Way Magazine - October 2002 (PDF)

na.org/wp-content/uploads/2024/08/NAWay-Oct2002-EN.pdf

Printed copies and books

Ask your home group's literature person or area literature committee. Books can also be ordered through NA World Services: na.org/purchase-na-literature/



Our Closing Message

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities. — Tradition Twelve

