



THE THERAPEUTIC VALUE OF ONE ADDICT HELPING ANOTHER IS WITHOUT PARALLEL

We welcome you to this fellowship of Narcotics Anonymous! We want to let you know that being a newcomer, you are the MOST important person at any meeting, and we want to welcome you with open arms! This packet was formed by recovering addicts in this fellowship to help the newcomer better understand what NA is, what our message is, and how we can help you. We all had to start here where you may be right now. Some of us came into this program feeling lost, angry, resentful, scared, confused, but many of us came into this fellowship curious, hopeful, desperate, and determined to find a new way to live. This is a WE program, not an I program. We believe in the power of unity in Narcotics Anonymous. You never again have to feel alone; you are NEVER alone in the program of Narcotics Anonymous! The message of NA is that "any addict can lose the desire to use and find a new way to live". Our message shows hope that there is a new way to live for ANYONE, including you!

In this packet we have included a list of local meetings here in Logan County, a list of phone numbers of men and women who are reliable to call in a time of crisis or if you need guidance of experience, strength and hope. The packet also contains answers to some questions asked by newcomers often such as "What is NA?", "Why am I here?" and "What do I have to do?". We have some pointers on what you can do as a newcomer, if interested and willing, on how to reach your goals on finding a new way to live with this program and to continue to stay clean!

WE hope that you will take the time to read the information contained in this packet. We have taken our time to ensure that you have all the information you need on what our program is all about and making you feel comfortable as well as a part of what we have here! Keep coming back, because it works IF YOU WORK IT!

For Newcomers

Some Useful Suggestions

(All suggestions based from our Basic Text)

1. **AVOID PEOPLE PLACES AND THINGS!**

2. **COME EARLY AND STAY LATE**

3. **DON'T USE... GO TO A MEETING!**

4. **GET AND USE A SPONSOR!**

5. **GET A HOMEGROUP!**

6. **KEEP COMING BACK, IT WORKS!**

7. **90 MEETINGS IN 90 DAYS!**

8. **USE A PHONE!**

For the Newcomer



- We are not interested in what or how much you used or who your connections were; we focus on the way addiction and recovery affect our lives.
- NA meetings are not counseling or therapy sessions. We do not teach lessons or provide counseling sessions. We simply share our experiences with addiction and recovery.
- Meetings are often held in churches, treatment centers, or other facilities because these facilities tend to be available, affordable, or convenient. NA is not a part of any other organization, institution or group.
- To respect the anonymity for all our members, we ask that people who attend our meetings not talk about who our members are or what they share in meetings.
- NA has no membership fees or dues, no pledges to sign and no promises to make to anyone. However, it does cost money to hold our meetings to further our primary purpose. We are self-supporting and our members make voluntary contributions to support our meetings and help us to carry the message.
- Newcomers are encouraged to listen closely to identify experienced members they can relate to who might make good sponsors or friends, or offer guidance and support
- NA relies on the “therapeutic value of one addict helping another”. Our own personal experience, strength and hope is key to sharing in our meetings.

We encourage you to read more helpful information about our meetings from the IP pamphlet “An Introduction to NA meetings”!



What to Look for in a Sponsor.

When we first enter the program of Narcotics Anonymous, we have many questions. One of the biggest questions we hear is “What is a sponsor and how do I go about getting one?” The information listed here is about sponsorship, why it is a vital part of this program and how to go about getting one. Read IP #11 Sponsorship

- ⊙ An NA sponsor is an active member of Narcotics Anonymous, living our program of recovery who is willing to build a special, supportive, one-on-one relationship with us.
- ⊙ Sponsorship is used for different things in this program. Some members utilize their sponsor for intimate support that they do not use in the meetings, and some utilize their sponsor just to walk them through the 12 steps of our program as well as the 12 Traditions and 12 Concepts.
- ⊙ A sponsor is not necessarily a friend, but someone who we can confide in when we do not feel comfortable sharing intimate things in meetings.
- ⊙ A sponsor is not a marriage counselor, financial advisor, babysitter or child educator, or a taxi. Though, sponsorship can provide personal experience on such issues and make suggestions based on them.
- ⊙ A sponsor is here for the same reasons we are here, to SEEK recovery! They are equal to us as recovering addicts who are continuing to live the program of Narcotics Anonymous.
- ⊙ A sponsor is there to help answer any questions that you may have about the program and about the steps such as the NA language, what to share and what not to share in meetings, their personal experience on their journey through the steps, and what is a spiritual awakening.
- ⊙ To get a sponsor, all we have do is ASK! Listen carefully at meetings for someone you may be able to relate to, someone who shares the message of recovery, or someone who may be honest and shares from their experience truthfully.
- ⊙ It is suggested from some that we get a sponsor as soon as possible, while others may suggest taking your time to find a sponsor. The most important thing to remember is that this is YOUR recovery. Think of also the accountability piece that may come with a sponsor and determine if you need that as soon as you come into our doors, or if you feel you need to look for the specific sponsor.
- ⊙ Some have suggested that “men stick with men and women stick with women”. Though we are free to choose our own sponsor.
- ⊙ Keep asking questions along the way! There are recovering addicts in the meetings who can share their personal experience, strength and hope on how they achieved their sponsorship relationship and how they utilize their sponsor.



Frequently Asked Questions from Newcomers

1. "What is NA?"

Answer: Narcotics Anonymous is a nonprofit fellowship or society of men and women who come together to seek recovery from active addiction. We are a program of complete abstinence from all drugs who seek a new way to live by working the 12 steps of Narcotics Anonymous, join fellow addicts at meetings, perform service work, and share personal experience, strength and hope to carry the message to the addict who still suffers.

2. "What do we do at NA meetings? Is it a class or group?"

Answer: At Narcotics Anonymous meetings we share personal experience, strength and hope about the horrors of addiction and about the joys of recovery and how they have affected our lives. It is not a therapy group or counseling, but a place where men and women come together to help each other stay clean.

3. "I am here because the court wants me to attend meetings. Do I have to share?"

Answer: Although we are not affiliated with the courts, we do have members who come suggested from the court. You do not have to share; however, we do encourage newcomers and members to listen for hopes that a seed will be planted for you to keep coming back. We also encourage listening due to the respect to the other members who are sharing.

4. "What are NA steps?"

Answer: The NA steps are steps that our members work as a "foundation" of our recovery program. Our sponsor walks us through these steps to help us accept we are addicts, what we can do about it, and how do we change our ways and find that new way to live. The steps are a key to finding our new way to live.



Frequently Asked Questions from Newcomers

5. "What is a 'Home Group?'"

Answer: A home group is a group of meetings that you plan on attending regularly that you can call your "home". This is where you can go early and stay late, perform service work and participate in group consciences to vote on what may be changed or added to meeting formats, positions, where to spend meeting funds to carry the message and share your opinion about how to fulfill the primary purpose. Your opinion ALWAYS matters!

6. "How can I build a support network?"

Answer: Our program suggests getting a list of phone numbers and using them in order to build a strong support network. Our fellowship is very big on providing phone lists to newcomers when they begin attending meetings. Never be afraid to ask for phone numbers and to use them when you need to! Our phone is one of the most vital pieces between life and death! USE IT!

7. Do I have to pay any fees to become a member of Narcotics Anonymous?

Answer: No. Narcotics Anonymous has no fees or dues, no pledges to sign and no promises to make to anyone! There is only one requirement for membership...the desire to stop using!

8. "I've heard it said here that the newcomer is the most important person at any meeting. Why is that?"

Answer: The newcomer is who reminds us of why we want to keep coming back to the meetings and continue the path of recovery, but more importantly we want to show you that recovery is possible! We gain "spiritual awakenings" and gain new ways of living only with working this program, and it is said to us "we can only keep what we have by giving it away." You are the ones we give it to! That makes you the most important! You also give us something too, and that is hope for the addicts who still suffer to find the rooms of Narcotics Anonymous!