

VINPRA NEWSLETTER

Every Journey Begins with ...

STEP

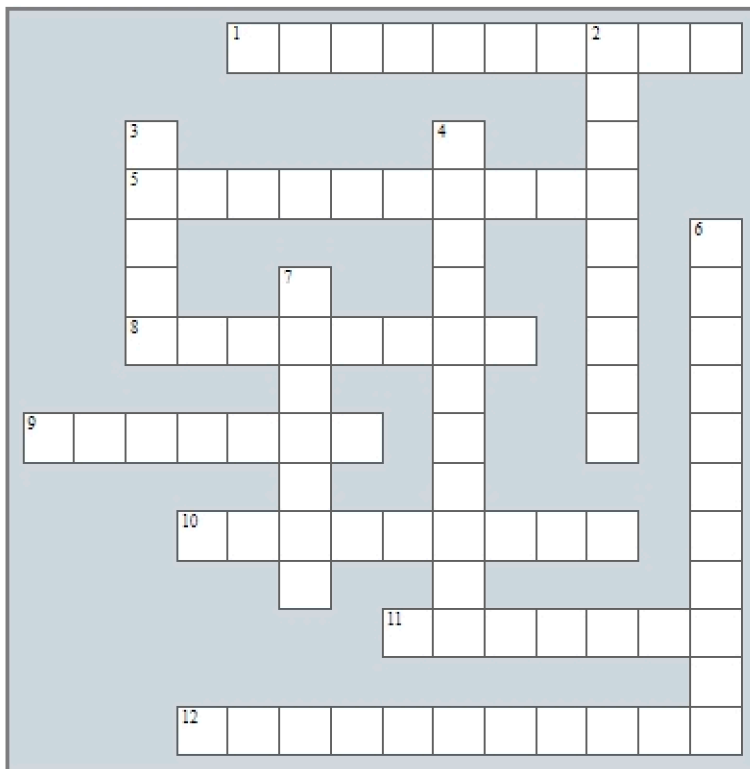


Downloadable Literature from NAWS



NA WAY Magazine Archives
July 2000 Volume 17 number 3

12 Steps Simplified



Across

1. Focussing the mind on a single subject or concern (Step 11)
5. Living life on its own terms (Step 3)
8. An honest view of one's own importance (Step 7)
9. One of the spiritual principles mentioned in How It Works
10. One of the first things addicts are encouraged to do. (Step 3)
11. Giving away what was so freely given to us (Step 12)
12. Being prepared to do the work (Step 8)

Down

2. The quality of being honest (Step 5)
3. The ability to believe without concrete proof (Step 2)
4. Consistently perserving what we have (Step 10)
6. Letting go of a resentment or anger (Step 9)
7. A recording of the past (Step 4)



For those of you who haven't had the pleasure of meeting him, H&I Slim is the ultimate "H&I kinda guy." He hangs out in hospitals and jails all over the world. You might say he's always in the know and always on the go. Got a question about H&I? Need some help? Write H&I Slim in care of the WSO.

Dear H&I Slim,

I am the coordinator for the H&I committee in Costa Rica. Since I have been in service, I have been in doubt about how to apply the Twelve Traditions to H&I work. Is it practical and effective to talk about them at an H&I meeting, or is it better to wait until incarcerated members are released and come to a regular meeting?

A couple of years ago, another NA member involved with H&I service told me that in H&I our purpose is to carry the message of recovery and that the message is in the Twelve Steps.

The traditions protect us from the internal and external forces that could destroy an NA group, but does this mean NA groups in an institution? Isn't an H&I meeting different from a regular NA meeting? What should trusted servants in H&I do with the traditions?

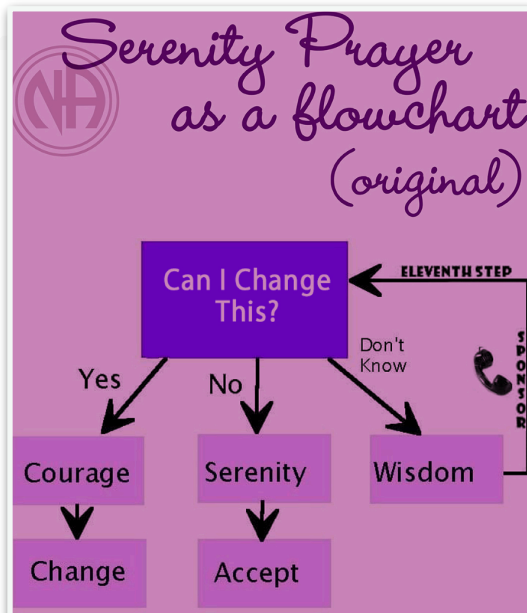
Marianela C, Costa Rica

Dear Marianela,

While it is true that H&I meetings are not the same as regularly scheduled NA meetings, our Twelve Traditions guide us in our behavior and attitudes when we carry the message into facilities. For example, our Fifth Tradition guides us in choosing a meeting format. We remember that our relationship with the facility is one of cooperation, not affiliation, as defined by our Sixth Tradition. When asked about medication, we practice our Eighth Tradition; we are nonprofessional NA members, and we refrain from giving medical advice. We practice our Tenth Tradition by refraining from expressing opinions on outside issues.

So, you see, H&I committees can enhance our message by taking the time to cultivate our understanding and application of the traditions in H&I service. We can do this in committee meetings, or, better yet, at learning days and workshops. In that way, we can take advantage of one another's experience, strength, and hope.

*In service,
H&I Slim*



VINPRANA NEWSLETTER

The Disease of Addiction

What makes us addicts is the disease of addiction—not the drugs, not our behavior, but our disease. There is something within us that makes us unable to control our use of drugs. This same “something” also makes us prone to obsession and compulsion in other areas of our lives. How can we tell when our disease is active? When we become trapped in obsessive, compulsive, self-centered routines, endless loops that lead nowhere but to physical, mental, spiritual, and emotional decay.

- What does “the disease of addiction” mean to me?
- Has my disease been active recently? In what way?
- What is it like when I’m obsessed with something? Does my thinking follow a pattern? Describe.
- When a thought occurs to me, do I immediately act on it without considering the consequences? In what other ways do I behave compulsively?
- How does the self-centered part of my disease affect my life and the lives of those around me?
- How has my disease affected me physically? Mentally? Spiritually? Emotionally?

Our addiction can manifest itself in a variety of ways. When we first come to Narcotics Anonymous, our problem will, of course, be drugs. Later on, we may find out that addiction is wreaking havoc in our lives in any number of ways.

- What is the specific way in which my addiction has been manifesting itself most recently?
- Have I been obsessed with a person, place, or thing? If so, how has that gotten in the way of my relationships with others? How else have I been affected mentally, physically, spiritually, and emotionally by this obsession?



Reminder to send in your 'cake date' to the website



What's going on at AREA?

If you have questions, comments, or concerns contact:
secretary@vinprana.ca

New Position- Virtual Host
 Contribution Monies- Region \$250, NAWs \$250
 Congrats to our new Guidelines Chair- Bill W.

VINPRANA Area Service Committee 2nd Sunday of the Month- 10:15am www.zoho.com/GSOiS1THJp Meeting ID: 1079529653 Password: cmalCF 543, 6th Street Courtenay (Alamo Club) secretary@vinprana.ca Positions Open: RCM2 Treasurer	Public Relations Committee 3rd Tuesday of the month- 6pm www.meet.zoho.com/XCzELGRKkj Meeting ID: 1064517905 Password: ePhj8e prsecretary@vinprana.ca Positions Open: Literature distributors, phone line coordinator, Panel Leaders, Panel Members, Newsletter support
---	---