



April 2009

Our Living Promise

Off The Wall Area News

Includes: Loveland Estes Park Greeley Berthoud Fort Collins

Narcotics Anonymous offers only one promise and that is freedom from active addiction, the solution that eluded us for so long. We will be freed from our self-made prisons.

Basic Text P. 102

Who is an Addict?

Most of us do not have to think twice about this question. **WE KNOW!** Our whole life and thinking was centered in drugs in one form or another — the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions and death. Basic Text P.3

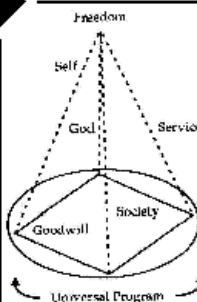
Jails, Institutions, Death or Recovery

◆ I am an addict, and my name is _____. I am grateful to the program of Narcotics Anonymous and its Fellowship for offering me a daily reprieve from active addiction. Having spent time in jails and institutions, all that remained in my life was the disease of addiction and I was waiting to die. At times I prayed for death. I could not possibly imagine a life without drugs. At the same time I was unable to manage my life with drugs. I had become the drug: Dishonest, deceitful, hurt and confused. Could a guy like me whose life had been emotionally shattered find a new way to live? Could I live and enjoy life as other people do? Psychiatry did not work for me or help me to stay clean. Religion did not remove that desire to get high. It wasn't until I came into the rooms of Narcotics Anonymous, beat down, hopeless, and willing to do anything it took to stay clean, that my life began to change.

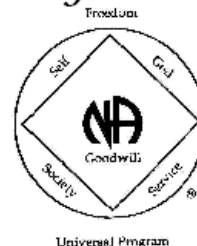
People in the fellowship told me to keep coming back, and I did. They told me that the **ONLY** requirement for NA membership was a desire to stop using. They did not tell me I had to quit getting high, but I did have the desire to stop and so I did. I went to meetings every day. Sometimes twice a day.

(Jails, Institutions, and Death. Or... continued on page 4)

The Fellowship Services Team at the World Service Office in Chatsworth, California, USA, receives eighty to one-hundred and ten letters a week from incarcerated addicts.¹



Our Symbol



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 and Fellowship, we are fully whole and wholly free. Probably the last to be lost to freedom will be the stigma of being an addict.

(Our Symbol continued on page 2)

What our symbol means to me!

One addicts thoughts

◆ I have learned that everything I get from Narcotics Anonymous is a tool. It all started with my first white key tag, a simple reminder that I am an addict and I am attempting a new way of life. Then I opened the basic text. My sponsor suggested I look at the blank page. "That was odd," I thought. Then he began to read the description of the symbol. After he was through reading we discussed the meaning together. It didn't really mean much to me at the time, but today it is *(What our symbol... continued on page 2)*

The first Area Service Committee -the San Fernando Valley ASC- was created on the north side of the city of Los Angeles, California USA in 1973¹

(What our symbol means to me con't from page 1)

one of the greatest tools I have When I look at the medallion I keep in my pocket, I think of the entirety of the program.

First is the circle, much like my first meeting, I sat down in a circle of addicts and became part of a universal program. It was suggested to me to strengthen that by networking, hence getting a phone list, using it, and picking my home group. My personal network of recovering addicts became the best friends that I have ever had in my entire life.

I walked into that meeting with something I didn't know I had, Goodwill, "my sponsor pointed that out". Fact was I had a desire to stay clean and that was Goodwill toward myself. Goodwill is represented by the square, and is the base of our universal program.

Then I am sitting in this circle and thinking about myself. Suddenly people started talking about God. I didn't know what to think. But by the time I got to step two with my sponsor I came to believe in a power greater than myself and that that power could restore me to sanity. I had established an understanding of the one side of the square called God.

Members of my home group suggested that I do Service. I thought funny things about that when I got here too. I started serving coffee and chairing a meeting. Suddenly I was helping others and not thinking so much about myself. Service is the second side of the square.

By this time I had been meeting with my sponsor, face to face, every week for quite a while. I had worked a fourth step and learned alot about myself. Self is the third side of the square. Without learning about Self I could not do much for others.

Then I became employable. I was making amends. It wasn't until about two years clean that I realized that I was able to apply all these things toward the Society in which I lived. This was a huge feat considering Society was one of the biggest resentments on my fourth step. Society is the fourth side of the square.

These four sides form a pyramid. At the top of the pyramid is FREEDOM. When I don't have any one of those four sides in my daily life I will not have freedom from active addiction. Thanks to Narcotics Anonymous and to the medallion I keep in my pocket, I am reminded every day of who I am, where I came from and what I want to be.

life into PI. The committee started off by printing updated versions of its hotline posters and doing research to compile a database of possible places to distribute them. The posters have been translated to Spanish as well to better serve the newcomer seeking recovery.

After tackling the issue of hotline posters the group addressed the issue of of the area hotline. The status quo existed as an answering service that the public could call and leave a message. Messages could be checked by a trusted servant, at regular intervals throughout the day. Needless to say this system, while good in its intentions, left suffering addicts waiting for a call back. The committee put much thought and work into developing a new hotline system that will have a NA member, trained on the phonenumber guidelines, answering the phone when someone reaches out for help. These are awesome developments in our area, and this newsletter wishes to thank the PI subcommittee for its efforts to make the Narcotics Anonymous message available to any addict seeking assistance

(Our Symbol con't from page 1)

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 us all. The greater the base, (as we grow in unity in numbers and in the fellowship) the broader the sides of the pyramid, and the higher the point of freedom. Basic Text P. ix

This newsletter will be a regular monthly publication and will be including recovery news and stories from our own backyard as well as from around the world. We would encourage all who are interested to contact us if you would like to write for this newsletter, join our subcommittee, submit an article, comment, criticize or encourage us. We want to hear from our fellow recovering addicts. OurLivingPromise@comcast.net

Whats Going On In Public Informaiton (PI)

After a dormant period, The PI subcommittee has been revived in Off The Wall Area. Chris R. was recently elected subcommittee chair and right away he set off to breathe new

Nice going



NA Birthdays

Angela Two Years
 Phil P. Three Years
 Tina S. Three Years
 Sabine D. Eight Years
 Liliias R. Nine Years
 Ned Twenty-five Years
 Kathy M. Thirty-five Years

1972

There were 70 NA meetings worldwide. That included some on military bases in Germany.

The second World Convention was held at the Elks Club in Studio City, N. Hollywood

A DAY At The Museum

Just wanted to let everyone know that The Day at the Museum activity was a great success. A small group of addicts from Denver met us at the museum. Although we were late, everyone had a great time. The weather was clear and the crowds were tolerable. We enjoyed such exhibits as; dinosaurs, gems, american and african wildlife and most everyones favorite was the Natural Disasters interaction exhibit. We were able to enjoy fellowship and learn new things at the same time. Next year, maybe we can get the word out and try to get more families and friends to go. "In recovery, our ideas of fun change. We are now free to enjoy the simple things in life, like fellowship and living in harmony with nature. We are now free to develop a new understanding of life." . Basic Text fifth ed. P.102

Loveland & Fort Collins have united to bring you a New NA Meeting

"United on Friday Night"

9pm

'Unity through Diversity'
and one common goal

Freedom from active addiction

6712 S. College ave Trillby

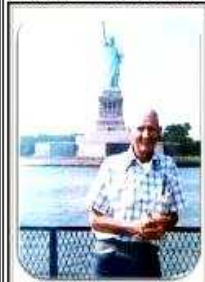
and Hiway 287

Southeast corner near carwash

When At The End Of The Road
 Group of Narcotics anonymous
 has NIGHT MEETINGS
 Tues: 6-7 Sat: 7:30-8:30
 Wed: 6-7 Sun: 6-7
 Thurs: 6-7
 Fri: 6-7 At the Church on
 301 E Stuart
 Ft Collins

Who was Jimmy K?

◆ Together with Frank and Doris c, Guildia K, Paul R, Steve R, and others, Jimmy K founded Narcotics Anonymous in Southern California. He and



these members held a series of meetings beginning 17 August 1953 in order to organize what was then referred to as "San Fernando Valley Narcotics Anonymous and Alcoholics Anonymous." The first documented recovery meeting was held on 5, October 1953. The last 36 years of his life were spent as a clean and recovering member of Narcotics Anonymous. Jimmy K lived from 1911 to 1985

Northern California Convention of Narcotics Anonymous XXXI

in San Jose, California

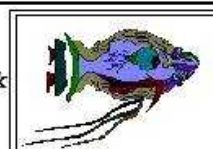
Speaker Meetings. Workshops. Marathon Meetings. Live Concert. 5k Run/Walk. GLBT Dance. Karaoke. And More. For Hotel Reservations Call or Register online: www.norcalna.org/nccna-register email: nccna@sanjose.org For Convention Information Contact Anna

This Newsletter belongs to **YOU**. Please help us to carry the message. Through Unity we do together what we could not do alone.
Got something you'd like to submit?

**Poetry, A Personal Story, Art Work,
 Anything Relating to Recovery?**

Shoot us an E-mail at:
OurLivingPromise@comcast.net

There once was a man from NA
 Who said to himself, "NO WAY"
 I rant and I rave, I spew and I gack
 But everyone keeps telling me
 to keep coming back.



My sponsor says this, my sponsor says that
 If I go to 90 in 90, I'll be a hip slick cat
 Remember easy does it and it works if you work it
 If I hear it one more time I might say furk-it.
 But all in all with these ups and these downs
 I am grateful today even for some of these NA clowns
 For they teach me to love and they teach me to pray
 and I am learning to live life just for today.

On March 15, 2009 Freedom Springs Meeting of Narcotics Anonymous Celebrated its 5th year in Loveland with a potluck followed by a speaker meeting. The food was plentiful and included delectables such as ham, turkey, pies, casseroles, breads and dips. After feasting, Joe, Larry, and Ned shared stories about their recovery and the early days of the Freedom Spring's meeting. There were over 20 in attendance for the dinner and over 40 for the meeting. Thank you everyone for your support in making this a successful gathering.

(Who is an addict? con't from page 1)

I picked up a Basic Text and read it. Therin are the guidelines which continue to teach me about how to live life on lifes terms without the use of drugs. I guess I am one of the lucky ones. I was given the gift of desperation before drugs ended my life. Today the desire to use has left me. The compulsion to get loaded has ceased and I am grateful for each day that I am clean. I have not used drugs for over 18 months: What a gift! Those self-seeking motives of my past have slipped away and I am able to give back what has freely been given to me. This is a simple spiritual, not religious, program known as Narcotics Anonymous.

NA recovery chips and medallions were first produced in 1982.¹

NA has come a long way. From that first meeting in 1953 to now, with over 50,000 weekly meetings in more than 130 countries.¹ If you know any cool facts that others may not, feel free to email us at OurLivingPromise@comcast.net and we will share them with our friends in recovery.

We. And We are recovering addicts who meet regularly to help each other stay clean, if only for one day. Today is THE most important day. It is all that we have. And it is this addict's thought that if nothing else, just for today, I ain't gettin' high no matter what. You dig? —Editor

Your Opinion Matters

OK here's the deal, dig? This newsletter belongs to you. It exists because of you. Yes, you matter: What you think, how you feel. We are all here as shining beacons of all that NA has given us. We share with each other our experience, strength and hope with each other that we may recover from this life-threatening illness. We celebrate our diversity as we gather together with one shared commonality: this disease of addiction. Unity through diversity: pretty cool, yeah? I feel that sharing is key to the foundation of our recovery. In sharing our experience we may come to recognize that those things we coveted for so long are loosing power over us. In sharing our strength we may gain the confidence to stand tall and face life on life's terms. In sharing our hope we may, from time to time, reach that newcomer who may not have heard the messege from anyone but us. You are a part of

Unconditional Love

"Unconditional love is given where we sense our spirit in another human being"

One addict expounds on Principle 11 from When It Works: The 12 Basic Principles of Narcotics Anonymous

The way I understand it, unconditional love is the kind of love that expects nothing in return, imposes no limits, and does not set any rules or guidelines as to the circumstances in which it should be given. When one loves another unconditionally, one does so without expectation of reciprocity or any notion of how or if the recipient will express love in return. If we are truly committed to unconditional love, we will not place limits or boundries on that love and there are no situations that would cause us to withdraw that love. There is nothing that would cause us not to love that person. People make mistakes, we all know that and hopefully we will come to accept that. When people in NA make mistakes, it is an opportunity for us to love them anyway; just like when a child burns their hand, we can tell them, "That's what happens when one touches something hot, so if you don't like getting burned don't touch it again". Since there are no conditions or boundries, the people in a relationship of unconditional love don't have to worry about the other person leaving them or not loving them. Sure, we need to love ourselves and set boundries to keep from being destroyed but we don't have to threaten the people we are committed to by withdrawing our love. Threats, boundries and conditions are not conducive to a committed relationship of unconditional love.

(Love continued on page 7)

◆ Food for Thought

I was talking about this the other day with a friend in recovery. The NA steps have we in front of every step except step 12.

A week ago me and my soon not to be "other fellowship" sponsor were continuing a long 5th step and we were comparing the service concepts for NA with the other fellowships. Talk about a difference in basic service principles! You would think people were trying to be lawyers when they get into service here. That other fellowship must have had a professional lawyer write those concepts. Anyway, I am grateful to be a part of a fellowship where I feel a part of and always have. We pray together, work the steps together, and learn how to serve each other together. I kept coming back to NA because the fellowship was different. There is a closeness here. I did feel that in the other fellowship but it was not the same. I thank God for the other fellowship because it helped save my life. I was a blackout drunk, hopeless at best. However, working the steps is basic and simple. Working them out of the Basic

regular meetings need our support if those meetings are to continue. There is also a backlog of institutions that are ready for us when we are ready for them and we just do not have the level of participation that we need to serve them all. We are very grateful to any addict who will give of their time for even one hour. Young NA members are especially urgently needed, which is not to say that members of any age are not urgently needed too! Contact Joe or Dawn and/or please attend our subcommittee meeting the 4th Saturday of every month (March 28), 102 E. 3rd St., Loveland.

Text now with an NA sponsor is allowing me to enter into a new phase of my recovery. One where I not only appreciate the Basic Text for what it says but I can put into action what it suggests. I have come to find from my experience so far, it's not the same as working steps with my "other fellowship" sponsor out of their book using their literature. I really haven't been around long enough to say that every time I work the steps I feel the same about the process because so far it has been different each time. I guess I just need to keep an open mind and know that the only truth that is clear and true is the one God gives me. I do not have the clear and solid truth on what is best for me. God does. I have faith that He puts the right work in front of me to stay clean. I just make the choice to do it.

Anonymous Addict

H&I Subcommittee. What it does. How you can serve.

Our Hospitals and institutions subcommittee brings the NA message in to the addict who can not get out to get it. H&I service is an opportunity to give back what was freely given when we each found this fellowship: experience, strength, hope, serenity, a new way to live, the promise of freedom from active addiction and a life beyond our wildest dreams. Every single facility that we serve needs addicts that can carry our message. The facilities where we already hold

(The History of NA in Fort Collins and Larimer County con't from page 5)

and dissension in the Northern Area grew. Eventually the NA groups voted one by one to join the OTW area and the Northern ASC died around 1990.

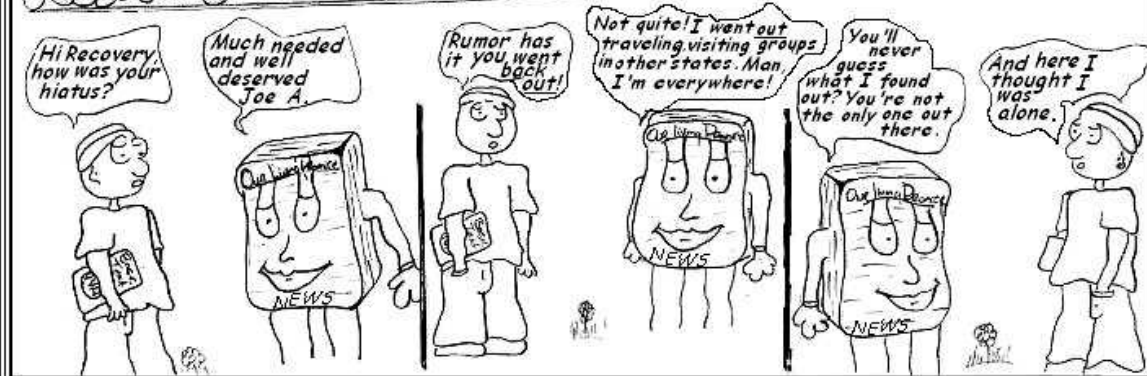
The OTW name came into being when the area was formed and one member suggested it be an off the wall name, that was seconded and there you have it.

In 1990 Ft. Collins was host to CRCNA IV, the annual state NA convention. It has since been held in Estes three times and Greeley once.

During the early days it was thought that one could not recover in NA. We struggled with getting members with clean time. That has changed slowly over time and today we have oodles of meetings and doing 90 meetings in 90 days is possible. The OTW area is a valued member of the Colorado Region and the NA Fellowship as a whole.

Dave A.

Recovery-N-Talk Artist by Andy M.



Submitted by a local recovering addict. Thanks Andy for giving this newsletter a face and a name. We look forward to many adventures with Recovery the News letter and Joe A.

India's NA Community Strong and Growing

The Narcotics Anonymous movement in India is strong, healthy, and growing rapidly. In 1991 there were a couple of NA groups in Bombay and one in Calcutta and that was about it. Today more than 100 weekly meetings are held in the Bombay, Calcutta, Madras, Imphal and New Delhi areas. Nationwide membership is estimated between 750 and 1,000 recovering addicts. The Bombay NA community held its annual convention at the end of January with 250 members in attendance from West Bengal as well as the other Indian areas. Calcutta held its first convention a few weeks earlier with 60 registered participants.

NA Update, newsletter for professionals. www.NA.org

In September 1982, the first Narcotics Anonymous meeting was held at Mt. Eden, Auckland, New Zealand. There were two clean members, very little literature, and no sound knowledge of the traditions, but enthusiasm to carry the message was high.

CRCNA XXIII Fundraising and Entertainment Presents

The 7th Annual Sponsor/Sponsee Pancake Breakfast

Saturday April 25, 2009 from 9am-12pm at the Church @ 915 E. 9th Ave. aka 9th and Emerson

Suggested Donation: \$8 per person and Children under 12 free

For more info Contact : Tiff or Tina

(Love con't from page 4)

If we love someone unconditionally, we will want whatever is best for them and give them that freedom to seek out the things that really give them happiness. We will let them learn for themselves and explore situations and experiences that they feel will make them happy, even if we think it is a mistake. Although they may make bad choices and even huge mistakes, we will still be there for them and never judge them, if we love them unconditionally. Remember, they may never love us back or show an ounce of gratitude, but we are ready to accept this when we are ready to love unconditionally. They may do things we don't like, but no one ever said we have to like someone to love them unconditionally.

Chirs R

One of the goals of our newsletter is to maintain a high standard with regards to carrying a clear Narcotics Anonymous message of recovery. By submitting your written work to Our Living Promise, you automatically give up all rights to your work and give permission to OTWA to edit, modify or change the language and/or format if we feel it is necessary. All articles are reviewed by this committee before they are put into print.

Who is sitting next to you?

I know who you are. You are "X" who attends the ABC Meeting at the XYZ Club where N.A. meet's in Anywhere, U.S.A. I saw you there the other night at the eight o'clock meeting. I don't know how long you've been clean, but I know you've been coming around for a while because you spoke to a lot of people who knew you. I wasn't one of them.

You don't know who I am, I wandered into your meeting place alone the other night, a stranger in a strange town. I got a cup of coffee and sat down by myself. You didn't speak to me. Oh, you saw me. You glanced my way, but you didn't recognize me, so you quickly averted your eyes and sought out a familiar face. I sat there through the meeting.

It was okay, a slightly different format but basically the same kind of meeting as the one I go to at home.

The topic was gratitude. You and your friends spoke about how much N.A. means to you. You talked about the camaraderie in your meeting place. You said how much the people there had helped you when you first came through the door, how they extended the hand of friendship to make you feel welcome and asked you to come back. I wondered where they had gone, those nice people who made your entrance so welcoming and so comfortable.

You talked about how the newcomer is the life blood of N.A. I agree, but I didn't say so. In fact, I didn't share in your meeting. I signed my name in the book that was passed around, but the chairperson didn't refer to it. He only called on those people in the room whom he knew. So who am I? You don't know, because you didn't bother to find out. Although yours was a closed meeting, you didn't even ask if I belonged there.

It might have been my first meeting. I could have been full of fear and distrust, knowing that N.A. wouldn't work any better than anything else I'd tried. I would have left convinced that I was right. I might have been suicidal, grasping at one last straw, hoping that someone would reach out and pull me from the pit of loathing and self pity from which, by myself, I could find no escape.

I might have been a student with a tape recorder in my pocket, assigned to write a paper on how N.A. works- someone who shouldn't have been permitted to sit there at all but could have been directed to an open meeting to learn what I needed to know. Or I could have been sent by the courts, wanting to know more, but afraid to ask. It happens that I was none of the above. I was just an ordinary addict with a few years of clean living in N.A. who was travelling and was in need of a meeting.

My only problem that night was that I'd been alone with my own mind too long. I just needed to touch base with my N.A. family. I know from past experience that I could have walked into your meeting place smiling, stuck out my hand to the first person I saw and said, "Hi, my name is _____, I'm an addict from ____." If I'd felt like doing that, I probably would have been warmly welcomed. You would have asked me if I knew old so-and-so from my state, or you might have shared a part of your drug-a-log that occurred in my part of the country. Why didn't I? I was hungry lonely and tired.

The only thing missing was angry, but three out of four isn't a good place for me to be. So I sat silently through your meeting and when it was over I watched enviously as all of you gathered in small groups, talking to one another the same way we do in my home town.

You and some of your friends were planning a meeting after the meeting at a nearby coffee shop. By this time I had been silent too long to reach out to you. I stopped by the bulletin board to read the notices there, kind of hanging around without being too obvious, hoping you might ask if I wanted to join you, but you didn't.

As I walked slowly across the parking lot to my car with the out-of-state license plates you looked my way again. Our eyes met briefly and I mustered a smile. Again you looked away. I buckled my seat belt, started the car, and drove to the motel where I was staying.

As I lay in my bed waiting for sleep to come, I made a gratitude list. You were on it, along with your friends at the meeting place. I knew that you were there for me and that I needed you far more than you needed me. I knew that if I had needed help, and had asked for it, you would have gladly given it.

But I wondered...what if I hadn't been able to ask?³

Sunil

Teen Addict

Tony: I hear in meetings that one day I will be able to carry the message to someone who will be able to hear it. I was way to self-centered to make that a reason to stay when I was new. It wasn't until I started working the steps and getting results that I actually wanted to keep anything I had, and the only way to do that, you said, was to give it away.

I think that diversity is our strength; I don't think that we can pretend that we are this nameless, faceless body of people because we are not. We are like a mural that is larger than the sum of all its parts. We are like a picture that has been painted over an ugly wall called the disease of addiction. The picture is bright and beautiful, as well as dark and scary at times; the picture is life on life's terms. But each part—each addict—makes up a different color, a different shape, and a different piece whose commonality is that together we make up the mural called Narcotics Anonymous.

I am glad to be a part of that mural—I am the "young people" in recovery today. I am the addict who got clean at 17 years old and has six years clean today. I am the gay addict, the white addict, the addict who is a service junkie, the addict who is a special worker, the addict who "sponsors all the young guys," the addict who is the child of addicts, the addict who has his own Higher Power—not one that's based on dogma.

I'm the addict who has found his "edge." That edge is the thing that only I will be able to say to someone (or write to someone) who will hear or read this for the first time and finally get the message of recovery. I am glad I have found that thing which someone may only hear from me. Today it gives me a purpose and a reason to continue to grow.

Today my diversity is more than my strength—my diversity is my gift from my Higher Power. My gift is the sponsees who have come into my life because they felt they could relate to no one else. My gift is the privilege of being able to contribute to this magazine—regardless of the reason.

Hungary had its third NA convention in September. There are currently eight NA groups in Hungary, and NA keytags in their native language!

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We are presented with a dilemma when N.A. members identify themselves as addicts and alcoholics or talk about living clean and sober. The clarity of the N.A. message is blurred. To speak in this manner suggests there are two diseases, that one drug is somehow separate from the rest, requiring special recognition. Narcotics anonymous makes no distinction between drugs. Our identification as addicts is all inclusive, allowing us to concentrate on our similarities, not our differences.

Upcoming subcommittee meetings

Literature- 1st Sunday of every month, 3pm
3800 W 20th Street in Greeley
Activities- 2nd Sunday of every month, 12pm
Mugs Coffee House in Fort Collins
Merchandise- 3rd Saturday every month, 3pm
Unity Club in Loveland
H&I (Hospitals & Institutions)- 4th Saturday of every month, 2pm- Unity Club in Loveland
PI (Public Information)- 4th Saturday of every month, 3pm- Unity Club in Loveland
Newsletter- 4th Saturday of every month, 4pm- Unity Club in Loveland

An Addict From Bahrain

◆ My Gratitude Speaks

My name is Adel. I am an addict from Kingdom of Bahrain. My active addiction on drugs was a big mess, full of confusion, fear, destructiveness, dysfunctional and a disease. We used to translate NA as the unknown addict. That name was attractive to me. When I went to the meeting, people were sharing I was identifying. I thought somebody told them my story. But I wanted to know who or where is the mysterious addict who is unknown?

During my recovery in the NA way, I discovered I had another illness apart from my addiction. I started to take heavy medication with the support of my sponsor, family, the recovery and other illness group and its members. It made me feel I belong to NA and I am clean. I was reading and carrying IP No. 1603 which is always with me in my car. By the grace of God I stopped the medication and all is well.

In the last 4 years, as expressing my gratitude to NA, I was serving as an H&I Chairperson for Bahrain NA Fellowship. Because when I had 6 months in the year 2000 the APF (Asia Pacific Forum) took me to H&I meeting. Now I go with other members twice a week to meet addicts in detoxification Center and to the Central jail once a month to support my fellow members inmates. This service not only gets me clean but it helps me to understand commitment and live the steps.

During my recovery I had a couple of Sponsors a local recovering addict. He really taught me how to breath and live recovery in the light. I really thank NA for the service of Sponsorship, the love which members have and the principles of One Addict Helping Another. Now I have just celebrated 9 years of being clean.

Whats Happening with our Area's Activities?

The Area Activities Subcommittee has been operating at a frantic pace lately, creating and planning fundraisers and events for addicts to enjoy living in recovery. Off The Wall Activities sponsored a Valentine's Dance featuring a speaker and D.J. The party went off great and enjoyed an awesome response from our area as well as several others, raising much needed funds for our area. Upcoming events include a fundraiser, featuring a showing of PINK FLOYD'S "The Wall" on Saturday April 4th beginning with a speaker at 9:30pm. The event will take place at 1137 Riverside in Fort Collins. Admission to the movie is \$5 and includes popcorn and a soda. No cash? No problem. Come out anyway, no addict will be turned away. Other events starting this summer will include volleyball, flag football, white-water rafting, and possibly skydiving. Anyone with questions or interest in getting involved in Area Activities is invited to attend the regular subcommittee meeting. It meets at noon on the second Sunday of every month in the basement of Mugs Coffeehouse at 261 S. College Ave in Fort Collins. Thanks for all your support and we look forward to seeing you at the next Off The Wall Area sponsored event

The Epigraph that introduces the preface of our Basic Text, page xi (The full fruit of a labor of love lives in the harvest, and that always comes in its right season..."), was sent via telegram to the (then) World Service Conference Literature Committee meeting in Memphis, Tennessee, USA, by Jimmy Kinnon. The date was 7 February 1981. These meetings, called World Literature Conferences, were held specifically to work on creating our Basic Text of recovery.¹

¹ NA Way. "Did you know?"/"Tony teen addict" Oct., 2008 (vol.25 #4)

² NA World Service News. "WSO-Europe." Jan., 2009 (Vol.8 Issue Two) 6.

³ Serenity Times. North Costal Newsletter. "Who is sitting next to you..." Dec., 2008.



Disclaimer: Our Living Promise presents the experiences and opinions of individual members of Narcotics Anonymous. The opinions expressed are not to be attributed to Narcotics Anonymous as a whole, nor does publication of any article imply endorsement by NA, Our Living Promise or NA World Service. — **The Editor**

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