

Questions, comments, suggestions can be sent to: [ourlivingpromise@yahoo.com](mailto:ourlivingpromise@yahoo.com)



# Our Living Promise



OFF THE WALL AREA NEWSLETTER

Including: Loveland, Greeley, Ft. Collins, Berthoud, Estes Park

June 2010

## The Development of NA Literature

From the beginnings of N.A., the need for official N.A. literature was evident. Unfortunately, the process of creating and approving official N.A. literature has seen some of the most contentious periods of debate within the fellowship. Although the Yellow Booklet, Little White Booklet, and Little White Book were used in the 1960s and 1970s, many people desired to have a more detailed book on recovery, paralleling the "Big Book" of Alcoholics Anonymous. Some meetings offered A.A. literature at meetings, while others considered writing their own books on recovery. One group even planned to print a bootlegged version of A.A.'s Big Book with every instance of the word "alcohol" replaced with "drugs". The need for a unified text approved by the fellowship's "group conscience" was recognized, and in October 1979 the first N.A. World Literature Conference was held in Wichita, Kansas.

While previous literature had been written by just a few addicts (primarily by Jimmy K.), the N.A. Basic Text was written as a massive collaboration between hundreds of people. There were total of SEVEN World Literature Conferences within three years, all of them open to any addict who wished to help. It was decided that the book that they would use was The Little White Book as its outline, filling in and expanding on the subject discussed in that text. In November 1981, a finalized version was distributed to all of N.A. for approval, and the text was approved with a 2/3 majority required for passage. After passage, however publication was held up due to a spirited disagreement regarding a few key sentences which described the nature of the World Service Organization and other N.A. service groups. The book was printed in 1983 with the passages removed. A second edition that restored the passages quickly followed. A hasty vote again removed the controversial sentences in a third edition.

Professional editors and writers were hired in 1986 to improve the Basic Text so that it was more consistent in tone and style. The resultant 4th edition, released in 1987, was improperly reviewed and had many problems, including 30 lines which were inadvertently missing and that was inconsistent with other N.A. literature. A 5th Edition was released in 1988, correcting these problems, and the version currently in wide use today is the 6th Edition.

**To: You**  
**From: The Boss**  
**Date: Today**  
**Subject: Yourself**  
**Reference: Life**

I am God. Today, I will be handling all of your problems. Please remember that I do not need your help. If life happens to deliver a situation to you that you cannot handle, do not attempt to resolve it. Kindly put it in the SFGTD (something-for-God-to-do) box. It will be addressed in My time, not yours. Once the matter is placed into the box, do not hold onto it. If you find yourself stuck in traffic; don't despair. There are people in this world for whom driving is an unheard of privilege. Should you have a bad day at work; think of the man who has been out of work for years. Should you despair over a relationship gone bad; think of the person who has never known what it's like to love and be loved in return. Should you grieve the passing of another weekend; think of the woman in dire straits, working twelve hours a day, seven days a week to feed her children. Should your car break down, leaving you miles away from assistance; think of the paraplegic who would love the opportunity to take that walk. Should you notice a new gray hair in the mirror; think of the cancer patient in chemo who wishes she had hair to examine. Should you find yourself at a loss and pondering what is life all about, asking what is the purpose? Be thankful. There are those who didn't live long enough to get the opportunity. Should you find yourself the victim of other people's bitterness, ignorance, smallness or insecurities; remember, things could be worse. You could be them.



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**Need Help in Recovery? Call (970) 282-8079 24hrs!**

## Tradition of the Month –June - Sixth Tradition

Our fellowship’s primary purpose defines us. We are a society of addicts sharing with others the hope of recovery in Narcotics Anonymous. When NA’s identity becomes too closely tied to the identity of another organization, the clarity of our primary purpose is muddled, losing some of its power

The Sixth Tradition warns us of three things that could blur the distinction between Narcotics Anonymous and other enterprises: endorsement, financing, and the lending of our name. An endorsement is a public statement of support for another organization. Financing another organization further endorses its purpose. Lending our name to a related facility or outside enterprise—allowing an addiction treatment facility, for example, to call itself The NA Medical Center—is the ultimate endorsement, permanently tying our primary purpose to theirs in the public eye.

By establishing boundaries, the Sixth Tradition helps our groups avoid some of the problems that commonly arise between organizations. If we endorse an organization that later runs into trou-

ble, our reputation will be damaged along with theirs. If we boost an outside enterprise that some find obnoxious, addicts seeking recovery may be discouraged from coming to our meetings. If we voice support for another organization, the public, the addict who still suffers, even our own members might confuse that organization’s purpose with ours. If we fund a related facility or outside enterprise, money that could be used to fulfill our own primary purpose is diverted; if we later withdraw that funding, other problems occur. If we finance or lend our name to one organization instead of another, we can be drawn into a conflict between the two. By helping our groups avoid such problems, Tradition Six allows us to devote all our energy to carrying a clear NA message to addicts seeking recovery.

It Works How and Why, pg. 166-167

“AN NA GROUP  
OUGHT NEVER  
ENDORSE, FINANCE,  
OR LEND THE NA  
NAME TO ANY  
RELATED FACILITY OR  
OUTSIDE ENTERPRISE,  
LEST PROBLEMS OF  
MONEY, PROPERTY,  
OR PRESTIGE DIVERT  
US FROM OUR  
PRIMARY PURPOSE.”

SIXTH TRADITION

“WE WERE  
ENTIRELY READY  
TO HAVE GOD  
REMOVE ALL THESE  
DEFECTS OF  
CHARACTER.”

STEP SIX

## Step of the Month - June - Step Six

Why ask for something before we are ready for it? This would be asking for trouble. So many times addicts have sought the rewards of hard work without the labor. Willingness is what we strive for in Step Six. How sincerely we work this step will be proportionate to our desire for change.

Do we really want to be rid of our resentments, our anger, our fear? Many of us cling to our fears, doubts, self-loathing or hatred because there is a certain distorted security in familiar pain. It seems safer to embrace what we know than let go of it for the unknown.

Letting go of character defects should be done decisively. We suffer because their demands weaken us. Where we were proud, we now find that we cannot get away with arrogance. If we are not humble, we are humiliated. If we are greedy, we find that we are never satisfied. Before taking Steps Four and Five, we could indulge in fear, anger, dishonesty or self-pity. Now indulgence in these character defects clouds our ability to think logically. Selfishness becomes an intolerable, destructive chain that ties us to our bad habits. Our defects drain us of all our time and energy.

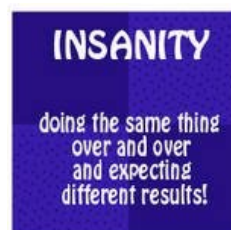
We examine the Fourth Step inventory and get a good look at what these defects are doing to our lives. We begin to long for freedom from these defects. We pray or otherwise become willing, ready and able to let God remove these destructive traits. We need a personality change, id we are to stay clean. We want to change.

We should approach old defects with an open mind. We are aware of them and yet we still make the same mistakes and are unable to break the bad habits. We look to the Fellowship for the kind of life that we want for ourselves. We ask our friends, “Did you let go?” Almost without exception the answer is, “Yes, to the best of my ability.” When we see how our defects exist in our lives and accept them, we can let go of them and get on with our new life. We learn that we are growing when we make new mistakes instead of repeating old ones.

Basic Text 6th Edition, pg. 34-35



Our observation is that addicts are creative people that would love to showcase their talents. If so, then please, by all means, anything related to recovery, email it to us at ourlivingpromise@yahoo.com.



# Need Help in Recovery? Call (970) 282-8079 24hrs

## Cross Talk

Question: Does NA have an official description of what exactly constitutes cross-talk?

Answer: No. There is no rule in N.A. against "cross talk" though it avoided as a matter of strong custom in many areas.

Typically "cross talk" refers to people speaking out of turn, interrupting someone while they are speaking or giving direct advice to someone in a meeting. There is a custom in many areas to speak only from one's own experience and to avoid giving direct advice or lecturing a group or individual.

How it is accepted and dealt with varies from group to group and region to region. In some groups members frequently interrupt one another for joking comments, in other places you might be asked to be quiet or leave for doing the same. In many places outside The North America the idea of "cross talk" being detrimental doesn't exist.

The ultimate arbiter of the subject is the individual group which is free to follow its own customs. What is considered quite proper in one meeting may cause quite a stir in another, but there is no rulebook for it.

So the whole idea of "cross talk" came in to NA from outside therapeutic groups. The idea of "cross talk" being discouraged is not evident in the book but something that started later. Prohibition of "cross talk" is a common practice in clinical group therapy and this has perhaps become an influence on N.A. Many people first encounter this custom in a rehab setting and often have no reason to consider that it might be different in N.A. which is not intended to be form of group therapy.

## My Higher Power Experience

When I first came to Narcotics Anonymous, I knew I had a serious drug problem and that somehow I didn't think like other people. I really thought I'd always be different and unable to fit in anywhere in this world. After I went to treatment for 4 1/2 months, I had the gift of desperation to keep this clean time and with it came a willingness to do whatever I needed to stay clean. I immediately started going to NA meetings, bought all the literature and read it, quickly found a sponsor (whom I still Have) and soon after, started working the 12 Steps. My sponsor suggested that I pray every morning for my Higher Power to keep me clean just for today and thank that Power every night for doing so. I didn't know who I was praying to or even if I truly believed, but my sponsor told me that all that would come in time and to just stay open-minded and willing to do it anyway. It wasn't long after that I truly began to believe there WAS a power greater than me that loved me enough to do for me what I could not do myself. My faith and trust in that that power grew as my obsession to use was removed from me and miracles happened in my life. As I worked the Steps, I began to change from the inside out and I surrendered myself completely to my Higher Power's care and to the program of Narcotics Anonymous. I no longer felt terminally unique and I stopped isolating from the world. I chose a "home group" and started doing service work. I chaired meetings regularly, became the Secretary, then became the GSR and got involved with service work at the Area level. Soon, I had put together enough days that I was celebrating a whole year clean! NA and my Higher Power (whom I call God) has saved me from the using life I had lived for 30 years and given me a new life. NA has become my home and the members of the fellowship have become my family! I got an NA tattoo as an expression of my commitment and gratitude to NA and to show the world that I am a grateful, recovering addict! With God's grace, I now have 3 1/2 years clean, but who's counting? I love giving back to the still-suffering addict by welcoming newcomers, sharing in meetings, and sponsoring others in the program. I take an NA meeting into the women at Community Corrections and share my experience, strength, and hope with them every week and I am in the process of being cleared to go into LCDC to also carry the message there. I am also working at a treatment center, on my way to becoming a Certified Addiction Counselor. My life is SO amazing, but I know I can only keep what I have by giving it away. I love Narcotics Anonymous!!!

Pam J.

The views expressed in the personal stories are the views of the writer's of their own stories.

### WARNING !!!

Do not use NA in moderation.  
To be taken with or without food.  
It is often taken with coffee.  
Not to be taken with drugs.

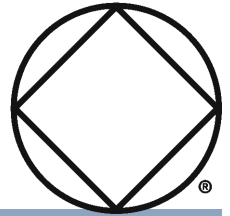
Even if used in moderation this product can mess up your high and cause the formation of morals.  
This product will not cause drowsiness but can cause natural sleep.  
Contrary to popular opinion this will not cause life to be uneventful  
Short-term side affects include the desire to stop using and complete change of associates.  
This product can interfere with your ability to tell lies.

Long-term side affects include the formation of lasting friendships and the desire to help other people.

**"If your life is falling apart and your Basic Text isn't, it's because you are not reading it!"**

Meeting list available at Off the Wall's website:  
[www.fortnet.org/na](http://www.fortnet.org/na)  
Choose the Meetings link on the left of the page

**Keep Coming Back - it Works!**



OFF THE WALL AREA NEWSLETTER

OTW Mailing address - P.O. Box  
270075, Fort Collins, CO 80527-0075  
(For business communications)

Phone: 970-282-8079 For meetings or to speak with an addict  
Off the Wall Email: [otwnaweb@gmail.com](mailto:otwnaweb@gmail.com)  
Newsletter Email: [ourlivingpromise@yahoo.com](mailto:ourlivingpromise@yahoo.com)

## Youth in Recovery

I'm Nicole, I am an addict and I am 20 years old. The first part of my story starts out in Arizona. I started to use drugs in high school when I was 16. Nothing I really liked though. When I turned 17 I met my first drug of choice. I surprisingly graduated high school despite all of the times I ditched to get high. I went on to college but was unable to finish my first semester. Soon after that, I was using day and night and doing little else with my life. My friends and I eventually ran out of money and realized how expensive it was. That's when I met my second drug of choice, although I liked it much better than anything else. I found myself hanging out with people I never thought I would and doing things that I thought I'd never do. I wasn't sleeping or eating. I avoided my problems and emotions at all costs and covered my guilt as best I could. After all of those terrible things I did to support my drug habit, I finally got caught. My family found out about my drug habit and suggested I move in with them in Colorado. I was extremely scared as I thought of dealing with life without drugs. But I knew that if I didn't get away from that city that I would never have had the strength to quit using and, in my physical health, would eventually die from it. So, I moved to Colorado. And I actually loved life! I was happy again! And I was eating and sleeping again. I could finally take care of myself. But I knew that at any time I felt like using, I would just get up and go back. So, I went to a meeting of Narcotics Anonymous. I was so scared at the thought of thinking and dealing with my problems when it came to using. I just didn't want to hear what people had to say about using. But I realized that people weren't talking about using, they were talking about how much their life has changed without drugs. I realized that NA was made for me! I could relate to everything said in every meeting. I kept coming back and eventually got a sponsor. I never thought I would be consistently hanging out with clean people. But I have to say that it's the best thing that has ever happened to me and I don't know what I would do without this program. I now have confidence and hope- something I never had. I am ready to take on life and deal with my problems in a healthier way. I am ready to grow mentally and spiritually. I am ready to take care of myself for once. And now I never have to use again.

Nicole V.

# Happy Birthday!!

### AREA ACTIVITIES

What: Off The Wall Area Presents the Movie part of Bowling and a Movie  
When: Saturday, June 5th, 7:30 PM  
Where: 1137 Riverside Avenue, Fort Collins, CO

What: 4th Annual Jackson Lake Unity Weekend  
When: Friday-Sunday, June 11th-13th  
Where: Jackson Lake State Park  
Camping, volleyball, boating, fishing, nature trails, swimming, horseshoes, fellowship and fun!

What: The Just for Today Summer Kick Off  
When: Saturday, June 19th, 3:00 PM to 9:00 PM  
Where: Farr Park in Greeley, Corner of 26th Street and 13th Avenue  
Picnic, Volleyball, Coffee Can Meeting & more!

Rebecca K. 1 Year  
Greg P. 1 Year  
Tom S. 1 Year  
Joe W. 2 Years

### The Chair

