



MID-SOUTH REGIONAL SERVICE COMMITTEE
OF
NARCOTICS ANONYMOUS

POST OFFICE BOX 41323 • MEMPHIS, TN 38104

Greetings from us Clean Dopers of Memphis:

We've got this space to fill in because we have nothing valid to print here, so we figured we might as well tell you a little about how these stories got to you. Every story is from a Clean Addict who needs us as much as we need you. They are from all over the world, each are Alive Today because of one common ground—Narcotics Anonymous.

The Memphis Fellowship, small and devoted, greatly appreciates being able and willing to serve the Dopers of the world and to be a part of the continuing effort to better carry the message of NA Recovery to the Addict seeking recovery.

The stories were printed in one 8 x 10 room by a dedicated soul, who's main goal now is to sleep the rest of the week. We would not let her stop working until these stories had your address and a stamp on them. Many of our Fellowship gave freely of their time to help fold, collate (put together), staple, envelope, address and mail 96,000 sheets of paper into 10 sections of 3 pages each to form a copy of Our Stories for a total of 3,000 books. Most of our time was well spent, being productive and at the same time enjoying togetherness and bizarreness. At 4:00 in the morning around here, looks and weird conversations permeate the smoky club house rooms. The coffee gets worse, the work gets done and we have fun, for there is Unity through Service.

Ya'll will have to forgive us for the fine print all over each page, that was the most economical way to do it. Should you encounter an incomplete set of stories, please write us back for another set. Write back anyway, we still love hearing from ya'll. Oh, incidently the stories are free to you, paid for by all the Clean and Concerned Dopers of the world. We remain as always. . . A Day At A Time.

Your trusted servants

In loving service,

Memphis Lit. Comm.

P.S. Update:

Along with our sweat and tears, one of our most dedicated members added her blood to the work in progress. While using an automatic commercial stapler, she attached and left part of a finger on a book. May the God of her understanding and your prayers be with her.

CarryTheMessage.Com

Source: Danny M.

I N D E X

TITLES	We Want This Story In Our Book (Check "Yes" or "No")	
	Yes	No
Alien		
Anonymous Addict		
Damsel In Distress		
Early Services		
A Gift Called Life		
Hell-N-Back		
A Gift Of A Lifetime		
I Felt Hopeless		
I'd Try Anything Once		
How Do You Spell Relief?		
If I Can Do It, So Can You		
I Found The Only N. A. Meeting In The World		
I Found A Home		
If You Want What We Have		
An Indian Without A Tribe		
In Search Of A Friend		
Institutional Story - Buford Prison, Georgia		
I Qualify		
I Kept Coming Back		
It Won't Get Any Worse		
Junkie Mother		
Jails, Institutions And Recovery		

I N D E X
(Continued)

TITLES	Yes	No
A Little Girl Grows Up		
My Gratitude Speaks		
No Excuse For Loneliness		
I Was Unique		
Nowhere To Turn		
Pain Is Pain		
Physician-Addict		
Pothead		
Realization Of A Dream		
Recovery Is My Responsibility		
Relapse And Return		
Resentment At The World		
Sick And Tired At Eighteen		
Surrendered		
Part Of The Solution		
Today I Live		
The War Is Over		
Why Me? Why Not Me?		
Unmanageable		
He Is In Charge And I Am Responsible		
A Long Way Down		
Up From Down Under		
It Wasn't Always Like This		

I N D E X
(Continued)

TITLES	Yes	No
Long Distance Recovery		
Mid-Pacific Serenity		

1. How many stories do you want in OUR BOOK (Circle your choice).

Less than 15

15 to 25

25 to 35

35 to 45

Over 45

2. How do you want to deal with references to AA?

Send Input To:

WSC-LC

P. O. Box 3585

Lawrence, Kansas 66044

Dear Fellow Member,

We invite you to read and evaluate this, the second part of what we have endeavored to assemble as the basic text of Narcotics Anonymous. These are the Personal Stories of Recovery that have been submitted to the W.S.C. - Literature Subcommittee.

A World Literature Conference was held in Ivyland, PA on the weekend of January 15th through 17th to finish compiling these stories. We have 50 stories that we feel represent a good cross-section of the recovering addict. We regret the fact that we could not include all the stories that we received. Some of them required editing and rewriting which we were not at the liberty of doing, since these are personal stories. In cases such as these, the author was contacted by phone and asked to make the necessary changes. Most of these were technical changes, such as not mentioning brand names of drugs. Other stories lack sufficient details related to recovery. Since this is a program of recovery, and the book we're writing a basic text for recovery, these stories were omitted, as well.

As a committee we did not feel that we should be the ones to decide how many of these stories, or which ones, should be included in the Book. So we submit to you all of the approved stories that we now have. Once again, it's on you! Tell us what to do. Should we print 10, 20, 30 or all 50 of the stories? Which ones should we print? Please indicate your answer to these questions on the included form and return it to us as soon as possible.

There is one more section of the Book that still needs to be compiled, and we need your help with this, also. This section is to be the History of N.A. At this time we have a sketchy history, taken from the Gray Book Review Form. This version of the history of our Fellowship began with the first meeting in 1953 and went all the way up to February of 1981, but we found many gaps and omissions in it that need to be filled in. For instance, the first time that any state outside of California was mentioned was in the year of 1977. Our own experience tells us that N.A. has indeed been in existence in other parts of the country, and the world, before 1977. What we are looking for is any significant events which took place within the Fellowship, between

Continued on Back Cover.

THE TWELVE STEPS OF NARCOTICS ANONYMOUS

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory, and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us, and the power to carry that out.
12. Having had a spiritual awakening as a result of those steps, we tried to carry this message to addicts and to practice these principles in all our affairs.

ALIEN

From a very early age I had intense feelings and beliefs that I WAS DIFFERENT! While other girls my age were trying on Mom's clothes and playing with Barbie Dolls, I was playing football with the guys, smoking pot, and pondering the mysteries of the universe.

I started using somewhere close to the age of 12. My parents were concerned about the drug problem in our neighborhood, so I was enrolled in a semi-private school in Ft. Lauderdale, Florida. All this did was introduce me to a more sophisticated drug usage. There are many users in my life that I have no memory of, and some I wish I could forget. Sometimes, periods have come back to me in my recovery, but many have not. I have been a skeptic from a very early age. I questioned everything. Everything BUT using. I used to completely block out any feelings and perceptions that I had towards life. I never was very fond of living, although I wanted to be, and this became evident as the years rolled past and my self-destructive behavior magnified itself.

At one time in my life, I decided that sports was the avenue of personal freedom and acceptance that I desired. And so the addict within me attacked the sports world with vigor and determination. I also felt that if I could succeed at something, and be the best at it, I would surely get somebody's attention. I succeeded in societies eyes and in my parents eyes. I made the papers, was on the All-State team twice, an All-American nomination, team captain, . . . I had plaques, trophies, and titles. Regardless of my success in sports, I was feeling empty and the success didn't really matter to me. In fact, it turned out to be more of a hassle than it was worth. I was beginning to hear an endless monologue of, "You have so much potential, why are you messing up your life?" Regardless of the intense physical training I put myself through, I simply could never stop using. In fact, I thought that using drugs enhanced my ability in sports and they also became a reward to myself after a hard workout. I did not attend my senior year in high school. Most of my friends had either quit, been kicked out, or already graduated.

Being born and raised in the Miami-Ft. Lauderdale area, at age 15 I had had enough of geographical stability. My heartbeat was travel, and I diligently pursued this road. I spent one winter in a tent in the High Sierras of California. It was at this time that I was introduced to the drug of all drugs, peyote. The next few years were spent in a desperate attempt to match that particular experience. Still, the main question I addressed to myself was: who I am and where in this universe do I fit? I alienated myself from my family. I did not think that I belonged with them any more than I belonged in this "screwed up society." My main outlet was writing and I retreated farther and farther into the world of isolation.

I did, through the years, try and make things work for myself. I became a Christian, was Baptized, chanted to Khrisha, became a Christian again, stared at Maharishi Yogi, went to Bible College, got kicked out, went back, and got kicked out again. I went to school for training as an Emergency Medical Technician, started nursing school and still felt unfulfilled and like this world just was not doing its job to fulfill my every need. I still never felt like I fit into the plan of the

to write down what is going on inside me and giving it away.

For me, this is the way it works; keep giving away the old and making room for the new. For me, it never gets real easy to do, usually, I have to be backed up against the wall and humiliated and then I share. They say this is a Program of action and that you can't keep it without giving it away; how true it is. In the beginning, I thought I had to say all the right things and save everyone, today I realize I only have what's in my heart to share. Today, I can walk into a meeting and if I am full of the Father's love, then I share it, yet there are times that I walk into a meeting and want to throw the coffee pot through the window, yet I have to stay honest for that's the way I stay clean.

I know today that staying clean and having a relationship with God as I understand Him is the most important thing in my life. When I do that and carry the message to the ones who still suffer, then all else is provided in my life. I really believe that I don't have to prove anything to anybody. I carry the message by letting the newcomer know who I am inside and sharing how I work the Steps one day at a time.

Since getting clean in 1971, life has been anything but boring. I have traveled all over. My sponsor was an able example of following your heart, and that wherever we went, N. A. was alive. Our houses were always open, with a coffee pot going. We started meetings wherever we arrived. Sometimes, we had no money, but we went out to do our primary purpose, and God always showed us the way.

My sponsor died three years ago with eighteen years clean. Most of the group has family now, and we are scattered around the United States, learning different lessons, yet N. A. always comes first. Today, I am married and pursue different things than during the first seven years of my recovery, yet I know that the only way I can have any outside gifts is to put this program and God first. We really have found a way up and out, and so long as we keep giving it away, no matter if it is love and joy or tears and fears, it will be allright.

Today, I live because people are there who care and will listen. I really believe in magic, for my life is full of it.

THE TWELVE TRADITIONS OF NARCOTICS ANONYMOUS

1. Our common welfare should come first; personal recovery depends on N. A. unity.
2. For our Group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience, our leaders are but trusted servants, they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each Group should be autonomous, except in matters affecting other Groups, or N. A., as a whole.
5. Each Group has but one primary purpose - to carry the message to the addict who still suffers.
6. An N. A. Group ought never endorse, finance, or lend the N. A. name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.
7. Every N. A. Group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever non-professional, but our Service Centers may employ special workers.
9. N. A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. N. A. has no opinion on outside issues; hence the N. A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions,

1953 and 1982. When did N.A. start up in your area, region or state? Specific dates and places would be very useful in piecing together the still-clouded picture of our growth. Details relating to your first meeting, your first Area Services Committee meeting, and your first Regional Services Committee meeting would be a good place to start in tracing your history. As a historical record of reference, check old minutes from these early meetings. Then, read through the minutes from these earliest meetings and continue through to the minutes of subsequent meetings, and so on, right up to the present time. As you read through these minutes, take special note of motions carried, (or motions 'passed'); this way, it should become clear what major decisions were reached by the Group Consciences, and the picture of N.A. growth in your area, region or state should open up and become more clear to you, as it has others who have already begun to do this. We suggest that members who have been around for awhile, or who have been instrumental in getting N.A. started in their area, get together and start to compile your history. We request that you send it in to us as soon as you have it completed, so that it may be included in the history of N.A. as a whole. We need your support in order for our History to be an all-inclusive one. So don't exclude yourself. Be a part of.

If you have any questions concerning how to go about compiling your history, please contact us so we can help. We are here to serve you, as always. The need for your input on the History of N.A. is an urgent one. We would like to stress that, the sooner you get in it to us, the sooner we'll be able to piece the whole picture together. There is not much time so, please, don't procrastinate or hesitate, get together today and help make the history of N.A. a complete and accurate account of where we came from, what happened, and how we got to where we are today.

Your Trusted Servants in Love and Fellowship,

W. S. C. - Literature Subcommittee
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Lawrence, KS 66044