

NARCOTICS ANONYMOUS

WSC Literature Committee • 890 Atlanta Road, Marietta, Georgia 30060 • 404/427-2086

LINCOLN LITERATURE CONFERENCE

The Second World Literature Conference of Narcotics Anonymous added at least one thousand hours to the effort towards a basic text for our Fellowship. Attending members came from all parts of our Fellowship to sort and paste up items from material collected over past years. Chapter headings were established as named in the White Booklet with two additions: Just For Today dealing with spiritual maintenance and More Will Be Revealed for ongoing recovery.

Material was first sorted by chapter heading and then according to a topic outline for each chapter. Individual items of thought and feeling were cut out and pasted up on numbered sheets of paper to establish content and flow of ideas. This material is being typed up in "we book form". The typed chapters will be sent out in a series of packets to all parts of the Fellowship for changes. Each packet will contain a chapter. The first mailout will contain chapter one and assorted background material to help members get started. The second packet will contain chapter two and so on until all chapters have been gone over. Stories illustrating NA recovery will be dealt with after the basic text portion. An additional chapter heading might emerge before the material is completed. This will occur if a body of material develops which goes beyond the chapter headings we now have.

The Third World Literature Conference will be held in Memphis, Tennessee in early February of 1981. The purpose of the Conference will be to draw a consensus for each chapter. The biggest need we have for material is in the area of the Twelve Traditions. Please pass the word and encourage members to write and send in material on the Traditions. If we achieve consensus at Memphis, the search for stories will begin.

The Lincoln Conference will be remembered as the occasion where our book began to take shape. Individual sacrifice and dedication on the part of the Lincoln Fellowship went far beyond merely setting up the Conference. The positive atmosphere, lodging for attending members in homes and fine meetings each night went a long way towards raising spirit and enthusiasm for the effort. They got us the first floor of the Lincoln Federal Building, a fine copier which turned out to be the main piece of equipment at the Conference and five electric typewriters. About ten thousand copies were consumed by the Conference. We worked together the last seventy-two hours almost straight through. The personal support from the members from Lincoln made all this possible. We are grateful. See you at Memphis!

WSC Literature Committee

SECOND ANNUAL WORLD LITERATURE CONFERENCE

LINCOLN, NEBRASKA

SEPT. 8-14, 1980

HISTORY

Although relatively few of the fellowship of Narcotics Anonymous stood in the Lincoln Federal Building in September, 1980, the spirits of our contributors and of those still suffering addicts were all around us, encouraging us, sharing with us their hope and their pain. Those who enjoyed the actual effort were but servants of a larger whole.

From the moment that the early arrivals gazed into the empty hall in the Federal Building, it was apparent that this was the time and the place for the fulfillment of a dream. Men and women, who had had little or no previous acquaintance of one another, embraced each other readily, eager to enjoy what each had to share.

During that first day, there was a pervasive sense of awe. The impact of what we could accomplish sank into the group conscience and we were excited.

Although few individuals had had much experience and the group had had none, there was divine co-operation throughout the conference. The subject matter was so large; yet our outline work proceeded along a natural course. Our outline and the material fell together uncannily. Much of the time, the thoughts most appropriate fairly leaped from a page. From the hundreds of pages of collected material, we sorted, compiled, and read; and as we read, the ties that bind us were strengthened. We were made more whole by our work.

As could be expected, there were problems with weariness, impatience and ego. We all wanted so much and had come so far. We all had to deal with the frustrations of working with others on a common goal, perhaps for the first time. Yet, we were able to overcome these very human obstacles and to offer encouragement to our fellow addicts. Our successes tempered our despair, and we reassured one another.

As long days grew into longer nights, we gave each other back-rubs and hugs; pausing often for meditation and prayer. We found need strength in maintaining contact with our Higher Power, and we endured long hours, personalities and problems.

As a result of addicts meeting in Lincoln, Nebraska, in September, 1980, a book - a dream - will be realized; but it would be inaccurate to say that we have written a book. We all came from many parts of the country and many walks of life. We have all, by the grace of our Higher Power and the help of our fellow addicts, survived a killing disease. In an effort to continue to survive, we have met here to share our experience, strength, and hope. The book is just a reflection of this effort. It is in this spirit that our book will come forth. Addicts all over the world will have the Narcotics Anonymous book for comfort and for study. When we find ourselves by ourselves, we need not be alone. We will have our book; and we will have each other.

COMPILING

1. Seperate into topics by working outline
2. Pass around material so everyone sees it
3. Make list of objectives
4. Have each group member scan 3-5 sheets of material
5. Call for first objective and type in
Let group decide order of material to be typed in
STRESS Group Consciousness of whole group
6. Cut and paste up
7. Type
8. Proceed from one piece of material to the next till objective is reached

SECOND ANNUAL WORLD LITERATURE CONFERENCE

September 8, 1980

Lincoln, Nebraska

Chaired By Jim N., Sec., Donna N., Tres., Sam J.

Meeting opened with a moment of silence followed by the Serenity Prayer. The twelve steps and twelve traditions of Narcotics Anonymous was then read.

Began with roll call and everyone gave reasons for being here and what they hope to accomplish.

Members Present:

Bo S.-Atlanta, GA
Jim N.-Lincoln, NE
Donna N.-Lincoln, NE
Greg P.-Wolf Creek, OR
Bill-North Platte, NE
Doug-Lincoln, NE
Mark-Lincoln, NE
Neil-Lincoln, NE
John
Ed
Hank-Atlanta, GA

Mike-Lincoln, NE
Cliff-Wichita, KS
Joseph-Memphis, TN
Jolene-Memphis, TN
Vickie-Newton, KS
Bob-Los Angeles, CA
Dean-Orange County, CA
George-Philadelphia, PA
Henry-Southern, CA
Nona-Santa Cruz, CA
Linda-Atlanta, GA

UPDATE ON LITERATURE ORIGINS

Early Days - Bob B.
To Date - Greg P.

27 years old

In the early days it was a moral issue and very few people recovered.

First writing basics - four pages (Questions if you are an addict) 1954.

In 1963 intentions were big book and came up with small book. Took three years for small book. Necessity because of growing numbers.

1972-WSO was opened on Crenshaw Street in Los Angeles. Need our own big book because of closer identity. Emphasis on recovery rather than drug-a-logues. A lot of material was lost in move in 1975 or 1976.

NA has been coming of age for the last five years. Most new meetings started in the last five years. Most new meetings started in the last

five years. Find people willing but don't know what to do. The importance of communication and guidance.

ACHIEVABLE GOALS FOR THIS CONFERENCE

1. Establish outline of chapter headings
2. Inventory materials collected
3. Put into outline
4. Select material ready to print
5. Inventory material needed

FIRST ORDER OF BUSINESS

ESTABLISHING OUTLINES OF CHAPTER HEADINGS

Discussion Ideas

Basic introduction - tell what its about, what we are about, expansion of white book. Combined with history, take material from white book and include the chapters where applicable. Expanded version of twelve steps in How It Works. Have twelve chapters, one for each step followed by same for each of the traditions. Make white book as first chapter because it carries hope and tells how it works.

What kind of book do we want? White book should not be phased out by Big Book.

How it works

Who is an addict

Recovery

The biggy - Recovery Process

How to maintain recovery

How to ask for help when we hurt.

Agree on what happens in the course of Recovery. A chapter on twelve steps (Recovery Process) and twelve traditions (Atmosphere of Recovery).

We don't work the steps until we hurt. Show that the steps can be worked anytime and that its ok to hurt. Spiritual principles (12 steps)

fallen back on in an emergency.

Basic ideas in white book given headings so people know what to write on.

Put what can I do before how it works. When we first came in we ask what can I do.

Leave white book intact and don't try to repair inequities.

Have an open ended 10th chapter entitled more will be revealed.

Personal stories

Appendix-if additional information can be added. Such as starting new groups. Greg moved that white book be accepted as is for now until we find out what other people want and what are in the boxes.

Each of the topics is an unending thing.

Old times relapse because of know it all attitude.

Need for new ideas

More will be revealed shouldn't be pigeon holed but expressed in every chapter throughout the book.

If Greg's motion is carried stop and dive into boxes. Meant More to be revealed our version of "A Vision for You".

The pamphlet Another Look should be incorporated in more will be revealed.

Bob thought it would be inappropriate as a separate heading because it is a personal story.

The idea of something to the families and the outside world.

We need to keep it simple good ideas but too many are being thrown out.

Keep it simple could be chapter of its own. Revelation of total addiction of which drugs is only a symptom. Need chapter on allergy.

Jim brought up that instead of twelve chapters we could write twelve books

Greg called for motion which was the following outline be accepted as an outline:

Preface

Introduction

Dedication

1. Who is an addict?
2. What is NA?
3. Why are we here?
4. How it works?
5. What can I do?
6. Twelve Traditions
7. Recovery and Relapse
8. We do recover
9. Just for today
10. More will be revealed
11. Stories

Appendix

Carried Unanimously

Closed with Lord's Prayer

SECOND ANNUAL WORLD LITERATURE CONFERENCE
SECOND DAY SEPTEMBER 9, 1980
LINCOLN, NEBRASKA
CHAired BY JIM N., SEC., DONNA N., TRES., SAM J

Meeting called to order by Bo S. It was opened with a moment of silence followed by the Serenity Prayer. The twelve steps and twelve traditions of Narcotics Anonymous were then read. Members Present:

Bo S.-Atlanta, GA	Mike-Lincoln, NE
Jim N.-Lincoln, NE	Cliff-Wichita, KS
Donna N.-Lincoln, NE	Joseph-Memphis, TN
Greg P.-Wolf Creek, OR	Jolene-Memphis, TN
Bill-North Platte, NE	Vickie-Newton, KS
Doug-Lincoln, NE	Bob-Los Angeles, CA
Mark-Lincoln, NE	Dean-Orange County, CA
Neil-Lincoln, NE	George-Philadelphia, PA
John	Henry-Southern, CA
Ed	Nona-Santa Cruz, CA
Hank-Atlanta, GA	Linda-Atlanta, GA
Donnie R.-Lincoln, NE	Vickie C.-Lincoln, NE
Leo-Lincoln, NE	Dan K.-Omaha, NE
Julie G.-Lincoln, NE	Dave K.-Lincoln, NE

Robert's Rules on Parliamentary Procedure-Mike M.-Lincoln, NE.
Every group should have a presiding officer, a chairperson, to keep order in the meeting. This leader is necessary in any decision making group. A secretary is necessary to keep accurate minutes. The chair keeps down interruptions and calls on speakers. He should know the rules of the meeting. Decisions are referred to as motions. The chair has to recognize anyone desiring to speak. Pending motion - the last motion on the floor. During any discussion, speakers are called in alternating sequence of for and against. Voting - chair asks for opposed or in favor twice. Postpone indefinitely - same as kill. Amendment - change but not kill. Point of personal privilege - has to do with something bothering you that is interfering with your function in the group. Appeal the chair - If the chair has made a ruling that you

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Lincoln, Nebraska

do not agree with and you think others will support your position, you can interrupt the speaker and address the chair. Balance of Power between chair and group. The ways to vote: for, against, and abstain.

AGENDA (Bo went over topics)

1. Sort accumulated material into headings and file in separate folders. It is recommended that if any word, phrase, or thought inspired anyone that they jot it down for later writing. Greg talked about the nature of accumulated material. We were encouraged to note "feelings" and "ideas". We are determining our assets and liabilities literature wise. "What is being said?" We should not delve too deeply, but determine where the author is coming from. In what area of topics do the author's feelings apply? Are there any ideas in their infancy? We can use the white book for reference. It is recommended that we not be too concerned with grammar and other fundamentals at this time.

George - sorting and getting to basic ideas is fundamental. Precious time is lost by too careful reading of everything.

Bo - encouraged us all to take notes and get down ideas to share and to write about.

Greg - we should avoid being egocentric or overly serious about ourselves. We should depend on the guidance of our higher power in our work.

Bo - we should be aware of strengthening our weakest link. We should be aware if anyone drifts away from the group.

Greg - suggested that if any one come across any of their own work while sorting they give it to another group to read.

Bo - each team will make ten stacks, putting new material in appropriate folders.

The Twelve Steps were read by Donnie R.

Greg - showed us how to go through the files and what to look for. He also advised against discarding or otherwise destroying any material. The point about total abstinence from all drugs was brought up while going over some material. It was felt that this will probably be a sub-topic. Be sure that the number of the file is put on any material that is filed into topic folders. It was mentioned that there is a tendency among addicts toward learning and reading disabilities. We divided into groups and began the job of sorting.

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Lincoln, Nebraska

Lunch Break at 2:30 p.m.

Sorting continued until done.

Closed with The Lord's Prayer.

OUTLINE WITH SUBHEADINGS

Preface

Introduction

Dedication

1. Who is an addict?
Disease concept
2. What is NA?
Fellowship
3. Why are we here?
Reservations
4. How it Works
Recovery process
5. What can I do?
Actions
6. Twelve Traditions
Atmosphere of recovery
7. Recovery and Relapse
Reservations
8. We do recover
Hope
9. Just for today
Spiritual maintenance
10. More will be revealed
Vision - Discovery
11. Stories
12. Appendix

SECOND ANNUAL WORLD LITERATURE CONFERENCE
THIRD DAY SEPTEMBER 10, 1980
LINCOLN, NEBRASKA
CHAired BY JIM N., SEC., DONNA N., TRES. SAM J.

Meeting was opened with a moment of silence followed by the Serenity Prayer. The twelve traditions were also read.

Members present:

Bo S.-Atlanta, GA	Jim N.-Lincoln, NE
Donna N.-Lincoln, NE	Greg P.-Wolf Creek, OR
Bill-North Platte, NE	Doug-Lincoln, NE
Mark-Lincoln, NE	Neil-Lincoln, NE
John	Ed-Marietta, GA
Hank-Atlanta, GA	Mike-Lincoln, NE
Cliff-Wichita, KS	Joseph-Memphis, TN
Jolene-Memphis, TN	Vickie-Newton, KS
Bob-Los Angeles, CA	Dean-Orange County, CA
George-Philadelphia, PA	Henry-Southern, CA
Nona-Santa Cruz, CA	Linda-Atlanta, GA
Donnie R.-Lincoln, NE	Vickie C.-Lincoln, NE
Leo-Lincoln, NE	Dan K.-Omaha, NE
Julie G.-Lincoln, NE	Dave K.-Lincoln, NE
Jim M.-Leetonia, OH	Ralph A.-Leetonia, OH
Sam J.-Lincoln, NE	Maura S.-Lincoln, NE
Doug W.-Lincoln, NE	Glen S.-Lincoln, NE
Walt J.-North Vancouver, BC	

Bo wants group to run like integrated conscience.

Our balance right now is \$240.00. We have made 3500 copies at 5¢ each (\$175.00). If you want personal copies, we ask that you pay 5¢ per copy. We asked people who have taken 100 or more copies to pay \$5.00, if possible.

The order of sequence was discussed, and Greg suggested that we use the NA white book as a guide.

It was recommended that from this time that all materials received be stamped with the date and "Not for distribution". It was recommended that local groups receiving literature contributions do this also. Bo recommended that while we read, we pay attention to language, so that it will reach the addict who still suffers.

It was asked that no one enter the files on their own. See Linda or Bo if you want copies of anything from the files for your own personal use. Break into workshops and put assorted materials into the appropriate sections. The easiest way to do this is to go through the material and cut it up and paste related material together.

Greg suggested that we set up a procedure to collect new material from people that are coming in.

Greg said that we have no opinion on our own material. Do not evaluate any of your own material. Give it to someone else. If you want written material included have it typed, double spaced.

WORKSHOPS

1. Put together outline of chapters.

2. Inventory material we have and what we need.

List quality and quantity of what we need and what we have. Check white material against white book and see if its the material we need. Use group conscience also.

Greg suggested that since we are breaking new ground, approach it like sorting. Everybody sit down together and learn procedures we need.

Greg said that we should sort the materials in A, B, C, and D order.

1. Establish sub-headings

2. Sort material

3. Put back together

4. Will be inventory

1. Who is An Addict? (white book outline)

- A. Recognition of the problem within ourselves - desire to quit using

- B. Self diagnosis - recovery, awareness, discovery. How did we

find this out? How did we live?

- C. What is an addict? definition Behavior and actions (feelings)
- D. Disease concept - user vs. addict
- E. Progression

Broke up into workshops to work on above ideas.

The meeting was closed with The Lord's Prayer.

SECOND ANNUAL WORLD LITERATURE CONFERENCE
FOURTH DAY SEPTEMBER 11, 1980
LINCOLN, NEBRASKA
CHAired BY JIM N., SEC., DONNA N., TRES. SAM J.

Meeting was opened with a moment of silence followed by the Serenity Prayer. The twelve traditions were also read.

Members Present:

Bo S.-Atlanta, GA	Jim N.-Lincoln, NE
Donna N.-Lincoln, NE	Greg P.-Wolf Creek, OR
Bill-North Platte, NE	Doug-Lincoln, NE
Mark-Lincoln, NE	Neil-Lincoln, NE
John	Ed-Marietta, GA
Hank-Atlanta, GA	Mike-Lincoln, NE
Cliff-Wichita, KS	Joseph-Memphis, TN
Jolene-Memphis, TN	Vickie-Newton, KS
Bob-Los Angeles, CA	Dean-Orange County, CA
George-Philadelphia, PA	Henry-Southern, CA
Nona-Santa Cruz, CA	Linda-Atlanta, GA
Donnie R.-Lincoln, NE	Vickie C.-Lincoln, NE
Leo-Lincoln, NE	Dan K.-Omaha, NE
Julie-Lincoln, NE	Dave K.-Lincoln, NE
Jim M-Leetonia, OH	Ralph A.-Leetonia, OH
Sam J.-Lincoln, NE	Maura S.-Lincoln, NE
Doug W.-Lincoln, NE	Glen S.-Lincoln, NE
Walt J.-North Vancouver, BC	Tom S. -Topeka, KS

AGENDA: Things that need to be done

1. Outline remaining chapters (2-10) by topics.
2. Clip and paste quickly all sorted material under topic headings.
3. Order clippings under chapter headings according to topic outline and type up this material in book style.

Greg read a letter from a person who is very supportive in Oklahoma.

II. What is NA?

A. Fellowship/society

Together to stay clean

x Complete abstinence from all drugs

Honest Desire

Bo interjected that the honest desire is necessary because we have a more serious disease and need more honesty.

Dean pointed out and read the third tradition. He feels that newcomers are little equipped to handle honesty. He believes that connecting the word "honesty" with desire is a violation of the third tradition

There was a discussion between Dean and Bo. Bo wants to be able to move on with the outline.

Dean made a motion to strike "honest" from association with desire. The motion was seconded and a discussion followed. Greg asked that speakers pro and con limit their comments to three minutes.

A vote on the motion was called, and "honest" was left on the board.

No musts

open mind

no strings-suggested principles

Who Are We

H. O. W. (Spiritual Principles)

What we are

What we are not

The above outline was suggested for What is **NA**

Bo suggested that we keep it simple and list working ideas.

II. What is NA

Fellowship/society

meet regularly

membership requirements

no musts

set of principles

They work-daily

no strings

non-affiliation

no leaders

no pledges

no surveillance

What we are interested in (anonymity)

Newcomers

attendance

Greg said that we are only looking for categories and not to be real specific.

III. Why Are We Here?

What got us here
Methods having failed
People
Places
Things
Methods
Seeking help in NA
I can't, we can

All of the above is why we came.

Realization
Recovery/It Works
Gratitude/helping

All of the above is why we stayed.

IV. How It Works

- A. Want, willing, ready
- B. Steps (1-12)
- C. Easy Does it. (One day at a time)
- D. Spiritual Indifference
- E. H. O. W.
- F. I can't, we can (therapeutic value)
- G. Facing Life (Acceptance)
- H. Stay clean from everything
- I. Substitution/addictive personality

Greg pointed out that for something as large as this Topic, its more important to pigeon hole.

These categories are just for cutting and pasting.

V. What Can I Do?-Addict (In and Out of Institutions)

- A. Action/Beginning your own program
(Stop using) Come to a meeting
- B. Reservations
- C. Give yourself a break/Basics

Dean moved that we place promises here because if we have to look to what can we do we want to know the payoffs.

The motion did not carry.

George moved that Obsessions should be next. This motion carried unanimously.

- D. Obsessions
- E. Promises

VI. Twelve Traditions

- A. Vigilance/Atmosphere of Recovery
- B. Freedom for individual
- C. Freedom for group
- D. Traditions 1-12

VII. Recovery and Relapse

- A. Continuous Abstinence
Recovery?

Stumbling Blocks

Relapsers and how we treat them

Recovery concept

Dishonesty/honesty

Character changes

Turning Point

Old ideas

Way to recover

freedom

Social responsibility

Dependence on Higher Power

Quality rather than quantity

I can't, we can

H. A. L. T. + S

Priorities

Discouragement

Motivation

Emotional Recovery

- A. Recovery concept

I can't, we can

Effect

Turning point

Continuous abstinence

Relapsers & returnees

- B. Quality of Recovery

Character **Changes**

Honesty

Freedom

Priorities

- C. Stumbling Blocks

This part was changed to:

B. Stumbling Blocks For Recovery

- A. Spiritual Indifference
- B. Dishonesty
- C. Defects of character
- D. Old ideas
- E. Discouragement
- F. Defects of Belief
- G. Death of a friend

C. Quality of Recovery

- A. character change
- B. honesty
- C. freedom
- D. Priorities
- E. Dependence on Higher Power
- F. Emotional Recovery

Assets & Liabilities

Reaction to Reality

On Stumbling blocks we grow or go.

Actual Outline for Recovery and Relapse

A. Recovery Concept

- 1. define
- 2. Quality
- 3. Quantity
- 4. Relapse and return

B. Stumbling Blocks & How we react to them

Doug moved that we accept the above outline for this chapter

Motion was carried unanimously.

VIII. We Do Recover

(maturity) Recovery-physical, mental, spiritual (Health)

A. Similarities and Differences

Identification

Obsession & compulsion

Promises

Powerlessness

History-original plans and purpose

Living by Example

Dilemma

Spiritual not religious

Ongoing Recovery

Creative Freedom

Productive citizen

Attitudes

Results

Visibility

Gratitude

Maturity

VIII. We Do Recover

Identification

Similarities & differences

Dilemma

Obsession and compulsion

Deciding to live

Divine intervention

Solution-surrender

Empathy

Spiritual not religious

Ongoing Recovery

Living By Examples

Powerlessness

Gratitude

Creative freedom

Promises-The lie is dead

Ed made the motion that the above outline be approved for chapter 8.

This motion carried unanimously.

IX. Just For Today

(Spiritual Maintenance)

Surrender

One day at a time

The things we do each day

First things first things first, Easy Does It, Etc. (cliches & sayings)

Sharing

Vulnerability/courage

choices and options

Prayer and meditation

SERVICE, SELFLESS

Wisdom

Serenity

LEARNING (to listen etc.)

Daily reprieve based on . . .

Practical Spirituality

Ed made the motion to accept the above outline as written. Motion passed unanimously

X. More will be revealed

The changing nature of addiction

Environment of Recovery

Self-Evaluation & we are introduced to ourselves

Self adjusting

Openmindedness

What we have learned about the nature of recovery (plateaus, crises)

Living and enjoying life

Spiritual Awakening

Blindspots

How will I have fun clean

Freedom

Becoming men & women

Bo made the motion that the outline was good enough to work from. this motion passed unanimously.

Other Things That Should Be Talked About and Are Not Yet Located

1. Others-what can they do
2. Significant others
3. History of NA
4. Progression of Disease
5. Appendices
6. Medication
7. Relationships and sex
8. Illness & Accidents

Greg and Bo explained the procedures on how to put the material together. We then broke up into groups and worked on the material.

The meeting was closed with the Lord's Prayer.

SECOND ANNUAL WORLD LITERATURE CONFERENCE

FIFTH DAY SEPTEMBER 12, 1980

LINCOLN, NEBRASKA

CHAired BY JIM N., SEC., DONNA N., TRES., SAM J.

Meeting was opened with a moment of silence, followed by the serenity prayer. The twelve traditions were also read.

Members Registered:

Bo. S. - Atlanta, GA	Jim N. - Lincoln, NE
Donna N. - Lincoln, NE	Greg P. - Wolf Creek, OR
Bill - North Platte, NE	Doug - Lincoln, NE
Mark - Lincoln, NE	Neil - Lincoln, NE
John	Ed - Marietta, GA
Hank - Atlanta, GA	Mike - Lincoln, NE
Cliff - Wichita, KS	Joseph - Memphis, TN
Jolene - Memphis, TN	Vickie - Newton, KS
Bob - Los Angeles, CA	Dean - Orange County, CA
George - Philadelphia, PA	Henry - Southern, CA
Nona - Sanat Cruz, CA	Linda - Atlanta, GA
Donnie R. - Lincoln, NE	Vickie C. - Lincoln, NE
Leo - Lincoln, NE	Dan K. - Omaha, NE
Julie - Lincoln, NE	Dave K. - Lincoln, NE
Jim M. - Leetonia, OH	Ralph A. - Leetonia, OH
Sam J. - Lincoln NE	Maura S. - Lincoln, NE
Doug W. - Lincoln, NE	Glen S. - Lincoln, NE
Walt J. - North Vancouver, BC	Tom S. - Topeka, KS

Ran workshops all day to finish material.

Bo congratulated us on a job well done on paste-ups. Five hundred eleven sheets pasted up. In May five hundred eleven sheets of raw material. Target of book, one hundred fifty to two hundred working manuscript pages. Break to work steps.

Greg - compiling paste-ups. Out of forty two pages of pasteups came six finished pages. Took gems and easy ones. This is the first time anything has been put on paper toward book. As the bits and pieces were read, the outline broadened into different directions. Small groups looked for larger chunks to avoid redundancy. The work went smoothly.

We are not at the end of our work, but at the beginning. We have an achievable goal. This conference has been a milestone. This is the first time anything concrete has been done on our book.

The seven pages that had been compiled were read by Greg.

First page copies were passed out. There is a lot more work to be done. We will have our book in God's time.

We have nine more folders to jig-saw together. The book will write itself, in God's time.

The meeting was closed with the Lord's Prayer.

NARCOTICS ANONYMOUS
WORLD LITERATURE CONFERENCE
FINAL OUTLINE OF CHAPTER HEADINGS

Preface

Introduction

Dedication

ONE - WHO IS AN ADDICT?

A. Recognition of the problem within ourselves

Desire to quit using

B. Self-diagnosis (~~Recovery~~, Awareness, Discovery)

How did we find this out?

How did we live?

C. What is an addict?

Definition (Behavior & Actions, feelings)

D. Disease Concept

User vs. Addict

E. Progression

TWO - WHAT IS N.A. ?

A. fellowship / society

B. meets regularly

C. membership requirements

D. no musts

E. they work - daily

F. what we are interested in (anonymity)

THREE - WHY ARE WE HERE ?

A. what got us here

people

places

things

methods

- B. seeking help in N.A. "I can't; we can."
- C. realization - why we stayed
- D. recovery - It works.
- E. gratitude - helping

FOUR - HOW IT WORKS

- A. Want, willing, and ready
- B. Steps (B1-B12 steps)
- C. Easy does it (one day)
- D. spiritual indifference
- E. H.O.W. (Honesty, Openmindedness, & Willingness)
- F. I can't; we can. therapeutic value
- G. Facing life (acceptance)
- H. Stay clean from everything
- I. Substitution / addictive personality

FIVE - WHAT CAN I DO ? (in and out of institutions)

- A. action / beginning your own programs
- B. reservations
- C. give yourself a break / basics
 - thoroughness
 - try it out
 - any lengths
 - start to live
- D. obsessions
- E. promises

SIX - TRADITIONS

- A. vigilance / atmosphere of recovery
- B. freedom for the individual
- C. freedom for the group
- D. traditions

SEVEN - RECOVERY AND RELAPSE

- A. recovery concept
 - 1. define
 - 2. quality
 - 3. quantity
 - 4. relapse and return
- B. stumbling blocks and how we react to them

EIGHT - WE DO RECOVER

- A. identification - similarities and differences
- B. dilemma - obsession / compulsion
 - deciding to live
 - on-going recovery
 - physical
 - mental
 - spiritual
 - living by example
 - powerlessness
 - gratitude
 - creative freedom
 - promises - the lie is dead

WORLD SERVICE CONFERENCE

LITERATURE COMMITTEE

1979

For New Committee Members;

You are invited to participate in the writing of the story of the recovery from drug addiction we have found in the program of Narcotics Anonymous. We are fortunate to share in this important service work in gratitude and love for those who have gone before and those sure to follow. We want to share with you a few points that have helped us in our effort.

1. We asked our Higher Power to banish all thoughts of self-will and to give us the strength to do the footwork.
2. We found a quiet place in our home or apartment where we could work without fear of interruption.
3. We wrote about topics in terms of what we would say or expect to hear at an NA meeting or in fellowship. We need only share our experience, strength, and hope.
4. We supported our local Literature Committee by attending meetings and asking for help when we needed it.

We never want to forget that our personal recovery comes first; but if you could share with us a few of the things that helped you, we will pass it on so it can be of help to others. Without your support and participation, we are bound to leave out something important and valuable to the recovery of those to come. Please help us for their sake. We are nothing alone, but together many things become possible. A day at a time - a line at a time - we will have our book.

THANK YOU

NINE - JUST FOR TODAY (spiritual maintainance)

- A. surrender
- B. one day at a time
- C. the thing we do each day
- D. first things first
- E. easy does it
- F. other cliches
- G. sharing
- H. vulnerability
- I. choices & options
- J. prayer and meditation
- K. SERVICE SELFLESS
- L. wisdom
- M. serenity
- N. learning (to listen, etc.)
- O. daily reprieve based on practical spirituality

TEN - MORE WILL BE REVEALED

- A. the changing nature of addiction
- B. environment of recovery
- C. self-revelation and we are introduced to ourselves
- D. self adjusting
- E. openmindedness

ELEVEN - STORIES

APPENDIX

KEY

- * INCIDENTAL MOTIONS, EQUAL RANK AMONG THEMSELVES.
- + MISCELLANEOUS MOTIONS, MUST BE MOVED FROM AN OPEN FLOOR.
- 1.. VOTE REQUIRED IS OF THOSE MEMBERS PRESENT AND VOTING.
- 2. TIME MUST BE STATED WITH MOTION.
- 3. MOTION IS DEBATABLE IF AMENDED.
- 4. MUST BE MADE IMMEDIATELY FOLLOWING DECISION.
- 5. MUST BE MADE BY MOVER OF MOTION.
- 6. MUST BE SECONDED BY THE SECONDER OF THE ORIGINAL MOTION.
- 7. NOT ALLOWED IN COMMITTEE.
- 8. APPLIES TO THE ENTIRE MOTION PENDING.
- 9. MUST BE SECONDED BY BOTH THE MOVER AND THE SECONDER OF AMENDED PROPOSAL.
- 10. A TWO-THIRDS VOTE IS REQUIRED FOR PROPOSALS DECLARED IMPORTANT QUESTIONS.
- 11. MUST BE INTRODUCED BY A MEMBER WHO VOTED ON THE PREVAILING SIDE OF THE ORIGINAL VOTE.

(FOR DETAILS, REFER TO HANDBOOK)

A PARLIAMENTARY SHORT FORM

MOTION	SECOND REQUIRED	DEBATEABLE	INTERRUPT SPEAKER	AMEND- ABLE	VOTE REQUIRED ¹
ADJOURN	yes	no	no	no	majority
RECESS ²	yes	no ³	no	yes	majority
POINT OF PERSONAL PRIVILEGE	no	no	yes	no	chair
* POINT OF ORDER	no	no	yes	no	chair
* APPEAL THE CHAIR ⁴	yes	1 pro/1 con	yes	no	majority
* DIVISION OF QUESTION	yes	1 pro/1 con	no	yes	majority
* POINT OF INFORMATION	no	no	yes	no	chair
* DIVISION OF ASSEMBLY	no	no	yes	no	chair
* WITHDRAWAL OF MOTION ⁵	yes ⁶	no	no	no	majority
* DECISION OF COMPETENCE	yes	1 pro/1 con	no	no	majority
* SUSPENSION OF THE RULES	yes	no	no	no	two-thirds
* CHANGE ORDERS OF THE DAY ⁷	yes	1 pro/1 con	no	no	two-thirds
* IMPORTANT QUESTION ⁷	yes	1 pro/1 con	no	no	majority
LAY ON THE TABLE ⁸	yes	1 pro/1 con	no	no	majority
PREVIOUS QUESTION LIMIT OR EXTEND DEBATE	yes	2 con	no	no	two-thirds
POSTPONE TO A DEFINITE TIME ⁸	yes	1 pro/1 con	no	yes	two-thirds
FRIENDLY AMENDMENT AMENDMENT	yes ⁹	no	no	no	majority none
POSTPONE INDEFINITELY ⁸	yes	yes	no	yes	majority ¹⁰
MAIN MOTION (RESOLUTION)	yes	1 pro/1 con	no	no	majority
+ TAKE FROM THE TABLE	yes	yes	no	yes	majority ¹⁰
+ RECONSIDER ¹¹	yes	no	no	no	majority
		2 con	no	no	two-thirds

legalities of protecting copywrite on material in progress
from Joseph Proctor, Memphis

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"for your eyes only"

send out registered mail, return receipt requested.

safe deposit box

"material in review"

"unpublished literary work"

WHO IS AN ADDICT?

Most of us do not have to think twice about this question. WE KNOW. Our whole life and thinking is centered in drugs in one form or another, the getting and using and finding ways and means to get more. We use to live and live to use. 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.

EXAMPLE ONE

N.A. WSC-LC
WORK IN PROGRESS
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RECOGNITION

1 We have all felt pain. As addicts we have a common bond. We have all felt the numbness, the aching loneliness, the separateness from our fellows, knowing inadequacy and feelings of uselessness and self-pity.

We of all

2 people have surely had enough of self-destruction. ~~We want~~

Somhow, God gave me a moment of clarity and I was able to look at the whole scene, in all its insanity. I stopped fighting and something inside said "no more".

The point is that until I got some real information on what addiction was and what recovery could mean to me, I was in a poor position to judge whether I was an addict or not.

Each one of us have faced this question. I remember going through a lot of pain and despair before considering the possible connection between my drugs and my misery. We had used all sorts of drugs over a seven year period, been married and remarried three times and dropped out of college as a direct result of my addiction, and yet did not consider myself an addict. The problem was that most of the information I had at that time had come to me through television or from other people who used a lot of dope but never considered themselves to be addicted. As long as I could stop, for instance, I did not see myself as an addict. Of course I never thought of stopping, much less tried. By the time I asked the big question, could it be the dope, I was so far gone that I saw myself picking out of garbage cans the rest of my life. My first act of surrender was a phone call to my parents to ask them to take me in. They were very kind and considerate. I kept trying to use but each time it was worse. I am grateful I didn't get into downs more because I probably be dead now. I took the beer cure because it didn't seem like dope. After five years and two more marriages my beer cure had grown to water glasses of Southern Comfort without ice. I would skin-pop my stomach through my built in hypodermic system, my throat. I had replaced one addiction with another and again become allergic in my reaction to the drug alcohol. I discovered the program and began to attend NA meetings as soon as they started in my area. NA has grown a lot here and I feel I have grown with it. My first step in recovery was to see how my addiction had affected my whole way of life. To see this I had to be clean for quite a few months so my head could clear up a bit. I went to meetings daily and learned about the

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I used drugs to initiate and maintain communication about thoughts and feelings that I otherwise held back. This relieved my feelings of loneliness and strangeness.

This is why, when I share with newcomers, I recommend 90 NA meetings in 90 days. If they by some chance they have attended a few meetings and felt the feelings of identification and find that they are not addicts, they can go on without us. If they are not addicts, they probably will have learned a few things that will help them where ever they come from.

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WORK IN PROGRESS
N.A. WSC-LC

broke through many emotional barriers in N.A., and learnt a lot about myself by identifying with other addicts who were so willing to talk at depth. Today I am free of my addictions.

One of the things we have to learn about drug addiction before we can experience complete recovery is that it is a disease and not a moral problem.

We did not have the sense of personal responsibility which most people call a conscience. Our only concern was for our immediate gratification where is the next pill or shot.

First an addict is a person who has learned to prefer to change their perception of reality rather than change the reality they contact.

In many cases newcomers allow their tendency to find fault, complain and criticize to help them avoid our simple program of recovery. It is easy and very dangerous for them to put personalities before principles. If they don't make a lot of meetings, they may never learn enough about the disease to really open up and ask for help. They may never realize that one way or another we have all faced the same terror and desperation and found new hope through the program. Many of those who slip back into their old ways make it back to the program free of reservations that kept them feelings apart from before. Others die or wind up in jails and hospitals. We feel from our own experience that each member has to answer the question, am I an addict. for themselves.

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Every attempt I have made to stay clean has failed. Looking
back over the past I find that these failures have caused me to
spend 20 years of my life in prison. At this moment anyone looking
at my future would have to say it is a hopeless one. I actually
did not believe this to be true too, that is until I found
the "way" and started going to meetings. I found that there is
something intangible here that brings me back each week. I am
finding solutions to my problems which will keep me clean and
out of prison.

From the start the theme of the meetings was recovery. We
all knew how to use drugs, we all knew the effect they had on
us. The primary thing we were all interested in was how to
stay clean, how to cope with life without the use of drugs,
how to handle unpleasant feelings and emotions, in other words,
how to ~~get better~~ ^{recover}.

It was conceivable in my addictive thinking, that something
would work for me without any work on my part, how wrong I was.
It has been my experience that the program works as long as I work
one day at a time to the best of my ability and that is ever
changing.

The monotonous, imitative, ritualistic, compulsive and obsess-
ive routines of active addiction render us incapable of responsive,
meaningful thought and action. Personal growth is creative,
direct and purposeful behavior; it presupposes choice, change and
capacity to face life on its own terms.

I became very dependent on people to carry me emotionally through life which always
left me disappointed and hurt when they had other interests and other friends and loved
ones."

~~in my mind was fear.~~ I ^{WE} feared the past and I ^{WE} feared the
future. I ^{WE} was constantly searching for "the answer" --
searching for meaning and purpose, ^{to our lives} and finding only meaning-
lessness and purposelessness.

Built-in susceptibility plus contact equals addict.

27
Addiction is a combination of availability and susceptibility
and must be dealt with in any moral society as a disease.

CHAPTER ONE

WHO IS AN ADDICT?

"Most of us do not have to think twice about this question. WE KNOW. Our whole life and thinking centered around drugs in one form or another, the getting and using and finding ways and means to get more. We use to live and live to use. 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."

We have all felt pain. As addicts we have a common bond.

We have all felt the numbness, the aching loneliness, the seperateness from our fellows, knowing inadequacy and feelings of uselessness and self pity. We of all people have surely had enough of self destruction. Somehow, God gave us a moment of clarity and we ^{were} able to look at the whole scene, in all it's insanity. We stopped fighting and something inside said "no more". The point is that until we got some real information on what addiction was and what recovery could mean to us, we were in a poor position to judge whether we were addicts or not. Each one of us has faced this question.

We remember going through a lot of pain and dispair before considering the possible connection between our drugs and our misery. We had used all sorts of drugs over the years and experienced all sorts of living problems as the result of our using and yet did not consider ourselves addicted. The problem was that most of the information we had before coming to the program came to us from television or other people who used a lot of drugs but did not consider themselves addicted. As long as we could step using periodically for a day, a week, a month or more, we did not see ourselves as addicted. We looked at the stopping, not the using. Of course as our addiction progressed, we thought of stopping less and less. By the time we asked ourselves the question, "Could it be the dope?", many of us had reached the point where we saw ourselves picking out of garbage cans the rest of our lives.

WE BOOK FORM
EXAMPLE TWO

EXAMPLE TWO

2

We kept trying to use but each time it was worse. We often replaced one addiction with another and again reached the point of allergic reaction. At some point in all this we discovered the program of Narcotics Anonymous and began to attend meetings. The first step in our recovery was to see how our addiction had affected our whole way of life. To see this we had to be clean for quite a few months so our heads could clear up a bit. We went to meetings as often as possible and learned about the disease.

We used drugs to initiate and maintain communication about thoughts and feelings that we otherwise held back. This relieved our feelings of loneliness and strangeness. This is why, when we share with newcomers, we recommend 90 NA meetings in 90 days. If then by some chance a newcomer attends a few meetings and feels the feelings of identification and finds that he is not an addict, he can go on without us. He probably will have learned a few things that will help him wherever he came from.

We broke through many emotional barriers in NA, and learned a lot about ourselves by identifying with other addicts who were also willing to talk at depth. One of the things we have to learn about drug addiction before we can experience complete recovery is that it is a disease and not a moral problem. Recovery begins with the first admission that we need help. Denial of the fact that we need help is what most often keeps us sick. The honesty of surrender to the fact of our addiction makes possible our desire to quit using drugs. The desire to quit using even for the wrong reasons is the only requirement for membership in the program of NA Narcotics Anonymous.

We did not have the sense of personal responsibility which most people call a conscience. Our only concern was for our immediate gratification - where is the next pill or shot. First and foremost an addict is a person who has learned to prefer to change their perception of reality rather than change the reality they

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contact. In many cases newcomers allow their tendency to find fault, complain and criticize to help them avoid our simple program of recovery. It is easy and very dangerous for them to put personalities before principles. If they don't make a lot of meetings, they may never learn enough about the disease to really open up and ask for help. They may never realize that one way or another we have all faced the same terror and desperation and found new hope through the program. Many of those who slip back into their old ways make it back to the program free of reservations that kept them feeling "apart from" before. Others die or wind up in jails or hospitals. We feel from our own experience that each member has to answer the question, "Am I an addict?" for themselves.

Every attempt we have made to stay clean has failed. Looking back over the past we find that these failures have caused us to spend many years in pain and misery. At this point anyone looking at our futures would have to say that they are hopeless. We actually felt and believed this to be true; that is until we found Narcotics Anonymous. We found that there is something intangible in the meetings that brings us back ~~we~~ night after night.

From the start the theme of the meetings was recovery. We all knew how to use drugs, we all knew the effect they had on us. The primary thing we were all interested in was how to stay clean, how to cope with life without the use of drugs, how to handle unpleasant feelings and emotions, in other words, how to get better. It was conceivable in ^{our} ~~my~~ addictive thinking, that something would work for ~~me~~ ^{us} without any work on our part, now wrong we were. It has been ^{our} ~~my~~ experience that the program works as long as ^{we} ~~I~~ work it, one day at a time to the best of ^{our} ~~my~~ ability and that is ever changing.