

NARCOTICS ANONYMOUS



GREY BOOK REFLECTIONS

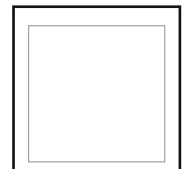
365 Daily Meditations

Daily readings from the Narcotics Anonymous Grey Book

2026 EDITION

nabookiestranslations.org

NA Bookies Translations Group



ENGLISH EDITION

January 1

We keep what we have only with vigilance

— Gray Book, p. 87 (Chapter 6, Header)

Vigilance means to stay alert. Just like soldiers keep watch that the enemy doesn't advance, we as addicts that are Recovering from the disease of addiction must also keep watch. We do the action so that the disease of addiction doesn't advance and claim more Spiritual Territory.

We Work and Live the Spiritual Principles of the Steps and Traditions as we renew our Commitment to our Recovery on a daily basis. Our Daily Reprieve is only contingent on this Spiritual Conditioning. This Daily Surrender to the Program of Narcotics Anonymous leads to a Spiritual Awakening.

Our Spirits can also go back to sleep if were not Vigilant. Narcotics Anonymous as a whole also has to stay Vigilant.

The Traditions are our first line of defense. Practicing our Traditions in our Groups and service committees keeps the disease from infiltrating our Groups and service committees. The Steps of Narcotics Anonymous are suggested and can differ in their approach.

The Traditions of Narcotics Anonymous are our protection from ourselves; therefore, they cannot be negotiated. These Spiritual Principles are likened to soldiers on a battlefield that keep the enemy from conquering and destroying. Our Traditions not only protect us from ourselves, buy from outside forces as well. A Higher Power is the only Ultimate Authority in Narcotics Anonymous as it is expressed through an N.A.

Group Conscience. This Good Orderly Direction and adherence to these Spiritual Principles will keep us alert and assure our survival and the survival of Narcotics Anonymous.

◆ IN THIS MOMENT ◆

We keep our Spirits Awake and Vigilant by the applications of the Spiritual Principle of Narcotics Anonymous.

January 2

When we pray a remarkable thing happens; we find the means, the ways, and energies, to perform tasks far beyond our capabilities.

— Gray Book, p. 58 (Lines 23-25, Step Eleven)

The First Step in Narcotics Anonymous asks us to admit our powerlessness and unmanageability over the disease of addiction. In the Second Step we're asked to tap into a Power Greater Than Ourselves to relieve our obsession to use drugs. In the Third Step we're asked to make a Decision to turn to this Power for Guidance and Care. The Foundation built from these first Three Steps is what makes Recovery possible.

In Step Eleven we're suggested asking for Power; the Power we ask for is not for power over addiction. We're always going to be powerless over our addiction. The Power we are now asking for is the Power to walk the walk, to attract others to Recovery and keep us Growing.

We ask this Power to work the Steps and Practice these Principles in our Lives on a daily basis. Without this Power we can't and won't continue on this Spiritual Journey. Eventually, we will return to the hopeless condition we were in when we first came in.

With this Power we are transformed into a better condition than we were in before active addiction. It takes Prayer, Meditation and aligning our thinking and actions to this Power Greater Than Ourselves. The results will be a greater understanding with the world, ourselves and others than we ever had. The ordinary becomes the extraordinary.

Our liabilities are minimized and our Assets enhanced. We become a tool to Help ourselves and others.

We are no longer just existing. For the first time we are fully Living, Happy, Joyous and Free.

◆ IN THIS MOMENT ◆

We will continue to seek Guidance through Prayer and Meditation. This Conscious Contact with this Higher Power is what makes our Recovery possible.

January 3

The Eleventh Step helps us, in the face of a problem, to be aware of God.

— Gray Book, p. 58 (Step Eleven, Lines 10-11)

By the time we get to Step Eleven, most of us have reached an Awareness, that we're not alone. We experienced and felt the Power that first got us Clean, was still with us. Throughout our Journey, we've experienced miracles that we couldn't explain.

We've experienced the Strength and Courage to go through Life on Life's Terms without picking up or creating havoc in our Lives. In Narcotics Anonymous, we see the evidence of this same Power at work in the Lives of others. We see newcomers stay Clean and their Hope returned, as their Lives are transformed.

We also experience periods of Peace of Mind and a Serenity that we never knew before. Our Gray Book says that: "We begin to find a peace unmatched to a drug-induced high." We improve our Relationship with the God Of Our Understanding and depend on God through the good times as well as in the difficult times. Our Seventh Step reminds us that Humility is a good state for an addict to be in.

Reliance on God enforces that we're not alone. Anonymity means that we can't do this by ourselves through our own accord.

Reliance replaces compliance as we continue this Constant Conscious Contact. We no longer just work the Steps just to stay Clean, even though that is necessary. We Live the Steps to Experience the Spiritual Awakenings that the Spiritual Principles makes possible.

Our Awareness Helps us not to forget that in the midst of a storm, our Higher Power is there waiting and Willing to help us, if we reach out.

◆ IN THIS MOMENT ◆

We will not forget that the Power that got us clean is still with us. Our Higher Power will continue to be with us in this Journey, if we invite it.

January 4

we can finally look others in the eye and be grateful who we are.

— Gray Book, p. 142 (Chapter Eight, Lines 13-14)

For most of us, active addiction filled us with shame, guilt and remorse. Partially because of some things we had to do to obtain our drugs. We walked with our heads down in shame.

We didn't look up because that meant we would have to acknowledge God, symbolically anyway. We didn't look straight ahead because we might have caught someone's eyes looking at us. We stopped looking people straight in the eyes because we felt they might see our guilt and shame. We knew deep down inside that we weren't right, but we were powerless.

After arriving to Narcotics Anonymous and getting Clean, we saw we weren't alone. We met members that suffered and felt like us. They hugged us, looked in our eyes, and they told us that we didn't have to suffer anymore.

We felt an Empathy that we never knew existed, we always thought and felt we were alone. With the help of our Sponsors, working Steps and God, our shame and guilt were lifted. Our Fifth Step revealed that we were only human with a disease. For the first time in a very long time, we could look another person in the eyes and feel a part of.

Our Eighth and Ninth Steps provided a way out of that shame and guilt. We were given the opportunity to Amend our past. We are now able to walk with our heads held high.

We are able not only to look people in the eyes, but even look up to our God with Humility.

◆ IN THIS MOMENT ◆

We will have Acceptance of whom we are. We will continue to self improve with the Help of God and Narcotics Anonymous.

January 5

In our experience, the Twelve Steps give us a way of life which does more than keep us off drugs.

— Gray Book, p. 159 (Chapter Ten, Lines 2-3)

In Narcotics Anonymous the First Step talks about our powerlessness over our addiction. Narcotics Anonymous is not a drug program, it's a Recovery Program. We Recover from a hopeless state of mind, body and Spirit that makes up the disease of addiction.

Total and Complete Abstinence and maintaining Total and Complete Abstinence is the Cornerstone of N.A. But, Narcotics Anonymous is much more than that. Since addiction is much more than just using drugs, our Recovery has to be more than just remaining Clean.

Addicts have to Practice Spiritual Principles in every area of their Lives. It's about "don't use, now what?" As we Live the Spiritual Principles locked in our Steps and Traditions, our Spirits Awaken; and we get the Benefits of the Spiritual Fruits that the Steps and Traditions have to Offer. We find a God Of Our Understanding and Develop a Relationship with that God. We have the opportunity for Spiritual Growth with no limitations.

We then Share this Precious Gift with others as we Carry the Message to the addict who still suffers. We Awake others as we are Awakened.

We also have the opportunity of Freedom from the self-bondage the disease had kept us in. We also, as a result are given Freedom from other people's control over us. The Spiritual Principles of Narcotics Anonymous can be accessed, if we work for them.

Narcotics Anonymous makes the world a much better place to Live in, for us and for those around us.

◆ IN THIS MOMENT ◆

We will see the full Benefits of the N.A. Twelve Steps and Twelve Traditions and not limit them to just not using drugs.

January 6

we believe that every addict, including the "potential" addict, suffers from an incurable disease of body, mind and spirit.

— Gray Book, p. iv (Introduction, Last paragraph)

In Narcotics Anonymous we view addiction as a Spiritual malady, not a medical problem. Our Literature tells us that addiction is made up of two components, obsession and compulsion. Our drug use was just a symptom of those components.

Since a Spiritual problem cannot be treated with medication, our Solution has to be of a Spiritual nature. Narcotics Anonymous views and treats addiction as a threefold disease; physical, mental and Spiritual. Our Spiritual Solution begins by treating the physical compulsion through Complete and Total Abstinence in the First Step.

We physically go to meetings, as an act of Surrender and don't use any drugs for any reason. We treat the obsession part of the disease in the Second Step by tapping into a Power Greater Than Ourselves and asking it to remove our obsession to use. The Process, in other words, the Actions of Coming To Believe is what Restores us to Sanity. In the Third Step we Decide to let this Power, that we met in the Second Step, Care and Guide us by continuing to Live the Narcotics Anonymous Program.

We're Granted a Daily Reprieve from this progressive, fatal, incurable disease. We begin to Live drug free Lives. Narcotics Anonymous is more than not using drugs.

Practicing the Principles of the Steps and Traditions and Sharing this Precious Gift, we get to Live Happy, Joyous and Free.

◆ IN THIS MOMENT ◆

We will use a Spiritual Solution for a Spiritual problem, and we will Share this Message with every suffering addict we meet.

January 7

Not only is this way of life superior to the old using life, it is superior to any life that we can conceive.

— Gray book, p. 159 (Chapter Ten, Lines 3-5)

Some people say that Recovery in Narcotics Anonymous leaves the person in a better condition than they were in before they even got sick. Narcotics Anonymous not only offers Freedom from active addiction, but it offers Spiritual Awakenings as a result of each Step. We learn a New Way Of Life that most people can't even conceive of.

It offers Freedom from our self-imposed prisons. This Way Of Life releases us from bondage of self, and from others.

Through working and Living the Spiritual Principles of the Steps and the Traditions, we learn how to Accept and Love ourselves. We learn how to build healthy relationships with others and the world at large.

One of the greatest Gifts is that we establish a Relationship with a God of Our Own Understanding. With our Higher Power all is possible. Our Lives are no longer controlled by anger and fear.

Our Basic Text Twelve Step says, "Many of us believe a spiritual awakening is meaningless unless accompanied by an increase in peace of mind and concern for others. " We finally become useful people and Serve as a vessel for Good. Our Life's Hopes and Dreams become possible to achieve. As our Spirits Awaken, as a result, we become the people we were meant to be all along. We keep this Gift by Awaking others, and Share this Precious Gift with those who seek our Help.

◆ IN THIS MOMENT ◆

With the help of Narcotics Anonymous, we will get all the Blessings we can get out of our useful Lives. We will also become useful to others.

January 8

Our deepest longings and recurring images of the kind of people we'd like to be are only glimpses of God's will for us.

— Gray Book, p. 58 (Step Eleven, Lines 18-20)

Our Eleventh Step in our Narcotics Anonymous Book says that our Conscious Contact with our Higher Power reveals that God's Will for us can become our will for ourselves. This, of course, takes place over time, not overnight. This aligning of God's Will with ours is only possible through the transformation that takes place, as a result of us Living the Principles of the Steps and Traditions of Narcotics Anonymous. While Living the Spiritual Principles of the Seventh Step, we start to see glimpses of ourselves temporarily free of certain defects.

This revelation gives us Hope that Freedom from the bond of selfishness is possible. We sense that our Higher Power wants us to be Healthy, prosperous and never alone without any Friends, our Families or even a Mate. These are the things we always wanted for ourselves all along.

We experience that a New Way of Life is possible. We are not the people we used to be, we are not the people we want to be, we are the people God has us to be, at this moment.

We are still being molded and shaped, this Process will continue for the rest of our Journey, if we work for it. Just For Today there's Hope for us to be all we could be.

This Hope translates into Faith as we Trust the God of Our Own Understanding. Our Higher Power will do for us what we can't do for ourselves. To continue progressing in our Recovery we must work with others as we Share this Precious Gift with the still suffering addict.

◆ IN THIS MOMENT ◆

The Glimpses of the people we could be, will give us the Hope we need to Surrender and be Willing to continue to Change.

January 9

Personality change is a natural progression set in motion by our surrender to the program.

— Gray Book, p. 81 (Chapter Five, Lines 4-5)

When we first arrived to Narcotics Anonymous, we were told that the only thing we had to change was everything. This seemed impossible to us because when we were using, the drugs made all the decisions for us. We weren't free to make up our own minds.

The disease of addiction guided our every thought and action. We were controlled, we were powerless.

In Narcotics Anonymous we Surrender to its Spiritual Principles because our way never worked. The Steps and Traditions of Narcotics Anonymous can reconstruct our broken personalities. With the help of our Higher Power and our Sponsors, we actually go back in time to when we first picked up; and Nurture our lost Spirits, which in turn starts to Awaken. The Fourth Step provides the information and vehicle we need to recognize our past patterns.

This Awareness can set us on the right path for change. Since a sick mind cannot cure itself, we need the help of others and a God Of Our Understanding. With right actions, we start to Live Our Way Into Good Thinking.

Since we Live what we Believe, we start to change little by slowly. This is a Just For Today transformation.

We could always revert to our old personalities if we fail to Practice these Principles in our Daily Affairs. Narcotics Anonymous helps us create a new past, one without active addiction and all its results; one filled with Hope, Freedom and Joy. We get to keep what we have by Sharing our Way of Life with others that are still suffering.

◆ IN THIS MOMENT ◆

We will continue to Surrender to Win. The change in our personalities will be over time, not overnight.

January 10

We come to understand that our recovery is a gift from a power greater than ourselves.

— Gray Book, p. 11 (Chapter One, Lines 11-12)

When most of us finally arrived to Narcotics Anonymous, we were just seeking relief from our painful lives. The drugs stopped working and were causing us pain. For most of us, it was the last house on the block.

It was our last stop; everything we have tried so far failed. So, we weren't sure if Narcotics Anonymous was going to work for us either. We came into N.A. as drug addicts because we only saw the results of our drug use.

Working Step One, we realized that we suffered from a disease called addiction. We learned that it was a Spiritual, Mental, Physical progressive disease and the drugs were just a symptom. We learned that addiction was progressive, fatal and there was no known cure.

In Narcotics Anonymous we're offered a Spiritual Solution that could treat our disease and makes Recovery possible. Since addiction affects every area of our Lives, we must Live by Spiritual Principles in every area of our Lives. Recovery in Narcotics Anonymous leaves the sick person in a better condition than they were in before they started using drugs. Recovery consists of a Supernatural Power manifested in each one of us to arrest and treat this disease.

No human power, medicine or religion could offer us this Solution. It is truly a Gift from a Spiritual Power Greater Than Ourselves.

In order to keep this Day At A Time transformation, we must share it with others.

◆ IN THIS MOMENT ◆

We come to an Understanding of this Precious Gift we call Recovery and the Source of its Power.

January 11

With our Higher Power guiding us, we may never again have to deal with using. But we will always have to deal with staying clean.

— Gray Book, p. 147 (Chapter Nine, Lines 21-23)

For us getting Clean and staying Clean are two different things. There were plenty of times we stopped using drugs, only to start using again.

We used to look at the stopping and not the starting over. We thought we could stop any time we wanted to. Our First Step reminds us that if we couldn't control our using, how could we control our addiction?

The obsession to use can remain with us, long after we abstained from drugs. Only a Power Greater Than Ourselves can relieve our obsession to use. This is not any one human power; this is not medication or religion.

Our Second Step describes this Power as Loving and Caring, and Greater Than Ourselves. Many of us use the Group as a whole, as a Power. Some of us use the Spiritual Principles of the Program, and some use nature or the universe.

We manifest this Power as we go to Meetings and Practice these Spiritual Principles. This Power can also be used to help us Change.

We never have to return to active addiction. Staying Clean involves more than just not picking up, we never had this choice before. When we tap into this Higher Power in Narcotics Anonymous, we are given power; not over our addiction, but we are given power to Practice the Spiritual Principles to prevent the process of relapse from having its beginning. Our Gray Book says that Meetings are a fence around our Clean Time. Being Clean is the beginning, middle and at the end of our program.

Clean Time is the Cornerstone of our Program. Clean Time + Steps + Traditions = Recovery.

◆ IN THIS MOMENT ◆

We don't only use our Higher Power to get Clean; we also use our Higher Power to stay Clean and Grow.

January 12

Having had a spiritual awakening as a result of these steps

— Gray Book, p. 59 (Step Twelve, Header)

The Twelfth Step tells us that our Spirits Awaken as a result of Living the Steps. We're all born with a Spirit, but drug usage caused our Spirits to go to sleep.

After putting down the drugs and taking Step One, our Spirits begin to Awaken. The Fruit of Hope we experienced as a result of the Second Step continues to Awaken our Spirit.

In Step Three we gain Trust in this Higher Power. We continue to turn our Will and Lives over to the Care of the God of Our Own Understanding. With every Step and every Principle we Practice daily, our Spirits Awaken more and more.

By the time we reach the Twelfth Step, we fully become Awake. This is evidence in the way we Live, Carry the Message and Practice these Principles in all our affairs. Our Gray Book states, " the Twelve Steps guide us from a state of humiliation and despair to a state wherein we are able to act as instruments of God's will." This Awakening is not once and for all, if we stop Living the Program or Helping others, our Spirits can fall asleep again.

The final result is that we return to active addiction. This relapse of the Spirit is subtle, sometimes it goes unnoticed until we get into trouble. Our Spiritual Awakening must remain progressive, we never really arrive. Recovery is an Uphill Journey, so we must keep on feeding our Spirits to remain Awake, Vigilant and Growing.

◆ IN THIS MOMENT ◆

If we're not Growing, we're going. We will continue to keep our Spiritual Awakening progressive.

January 13

Recovery begins with the first admission of powerlessness.

— Gray Book, p. 33 (Step One, Line 16)

At first, we used drugs and then at the end, drugs used us. We told ourselves we could stop if we wanted to, but that desire never came. Toward the end of our drug use, we just wanted to stop hurting.

We told ourselves if it wasn't for the consequences we would still use. We failed to see that we weren't addicts because we used drugs, we used drugs because we're addicts. We were actually powerless over our addiction; it just manifested in our drug use.

Inside we were just as unmanageable as on the outside. In fact, not until we Surrendered, was when we felt that inner unmanageability. After the arrival into Narcotics Anonymous, we saw that a disconnection from a Loving Higher Power was enough of a consequence.

Our Admission in the First Step had to be backed up with Action; Honesty is the tool behind the First Step. Honesty means that we align our actions with the Truth. The actions in the Steps are what starts the Recovery Process.

The First Step says, when we Admit our powerlessness and unmanageability, we open the door to Recovery, the opposite is also true. We can also close that door with our inaction. So, we must continue with a Living Program.

When we gain Gratitude, it'll show as we Share and Care the N.A. Way.

◆ IN THIS MOMENT ◆

Our Admission of powerlessness will be followed by continuing to make Surrender that's backed by Action.

January 14

The only thing we want to emphasize is that you should feel comfortable with your Higher Power

— Gray Book, p. 35 (Step Two, Lines 12-14)

In Narcotics Anonymous we Believe that we suffer from a Spiritual disease, not a medical disease. This disease requires a Spiritual Solution, not a chemical solution. This is the Purpose of the Second Step, in Narcotics Anonymous.

The Literature tells us that the pain of living without drugs or anything to replace them, forces us to seek a Power, that will help us with the withdrawals and obsessions. The Second Step tells us that we're forced to seek. In the Second Step we're introduced to this Power.

This Power is necessary to begin and achieve ongoing Recovery. In active addiction we used everything outside ourselves, including drugs, to fill our void. We in Narcotics Anonymous can choose whatever Higher Power we want to fill the void that Complete and Total Abstinence has left. Narcotics Anonymous suggest that this Power not be ourselves.

That Higher Power should also be Caring, Loving, Forgiving and Greater Than Ourselves. Some members choose the Group as a Power Greater Than Ourselves. Some members choose the Spiritual Principles of Narcotics Anonymous, and some choose a God of their Own Understanding.

Whatever we choose, we have to be Honest about our choice. We will use this Power Greater Than Ourselves throughout our Recovery. We will continuously tap into this God of Our Own Understanding for Guidance and Strength.

As we work and Live the Third Step, we will start to develop a Loving Relationship with this God. This Relationship will be one of the Greatest Strengths and Needs in our Journey of Recovery.

◆ IN THIS MOMENT ◆

We will choose a Loving, Caring Power that will fill our void and Guide us in our Recovery, this Relationship begins in the Second Step.

January 15

Life without fear is a gift we receive for the price of acceptance.

— Gray Book, p. 36 (Step Two, Lines 13-14)

Acceptance of having the disease of addiction will Free us from being Responsible for the disease. The disease manifests itself in ways that affects our attitudes and behaviors. When we find out that we suffer from a Spiritual disease and not a moral dilemma, we start to breathe easier.

In Narcotics Anonymous we meet people just like us who suffered like we suffered, but have found Hope. The Hope we find in Narcotics Anonymous will Free us from the fear that we can't stay clean. We Accept not only having this disease, but we Accept the Solution as well.

Developing Trust in a Higher Power prevents us from getting depressed as a result of dwelling in the past. This new found Hope helps us stay in the moment and prevents fear of tomorrow. Lack of Faith leads to fear, fear is False Evidence Appearing Real.

Fear can also mean, Face Everything And Recover. As we Let Go and Let God, we reinforce our initial Surrender. Practicing the Principle of Open-mindedness leads to the very insights that eluded us all our Lives.

Fear is also replaced by Faith as we see the evidence of recovering addicts all around us in Narcotics Anonymous. As we Accept ourselves, we start to Accept others.

We no longer feel alone. We find ourselves among special groups of people, who like us, suffered from a hopeless state, but now found a Spiritual Solution in Narcotics Anonymous. We share this Precious Gift with others, as we become Loving and Caring people. We are Free to Live Happy, Joyous and Free.

◆ IN THIS MOMENT ◆

*We Live a Life Free of fear, as we Practice the Spiritual Principles of the Narcotics Anonymous.
We truly become Grateful for our New Way of Life. This Gratitude is shown in the way we Live.*

January 16

”

We have feared that if we ever revealed ourselves as we really were, we would surely be rejected.

— Gray Book, p. 44 (Step Five, Lines 14-15)

Most of us came to Narcotics Anonymous with low self-esteem, some of us with close to none. Using drugs was our solution for the feelings we had about ourselves. Feelings of uselessness and not fitting in happened to us years before we picked up.

Using drugs seemed to offer some relief; it helped mask our feelings of ourselves and others. Little did we know that when we buried our feelings, we buried them alive. When the drugs stopped working we used more to cover up the shaken, frightened people we really were. We rejected ourselves, and we thought we would have been rejected by others if they really got to know us.

For us, isolation became our way of life; we felt we were all alone. After arriving to Narcotics Anonymous and we heard the experiences of others, we began to Identify. We started to feel Hope and started to feel part of.

We started to Empathize with others. The members that were here before us Loved us Unconditionally, until we learned to Love ourselves. As we Practiced the Spiritual Principles contained in the Steps with our Sponsors and the God Of Our Understanding, we learned Self-Acceptance, and we learned to Love ourselves.

After taking a Fifth Step with another human, we started to lose our fear about others getting to know us as we really were. We started to develop Compassion for others and Accepted others where they were. We learned about healthy risks. We learn that even a turtle had to stick its neck out, to make any progress.

Today in the Fellowship we're not alone.

N.A. can also mean Never Alone.

◆ IN THIS MOMENT ◆

Through Self-Acceptance we stop rejecting ourselves. We will also lose the fear of being rejected by others.

January 17

The Eighth Step starts the procedure of forgiving other people, being forgiven by them, and learning how to live in the world as a drug-free human being.

— Gray Book, p. 50 (Step Eight, Lines 15-18)

In Steps Seven, Eight and Nine, our Hearts start to Recover. The Heart has always been a symbol of Love, Forgiveness and Courage. In the Seventh Step the God Of Our Understanding Forgives us, as we ask for our shortcomings to be removed.

Since we're not Greater than God, we learn to Forgive ourselves and others in the Eighth Step. In the Ninth Step we ask for Forgiveness from others, and if they don't, we in turn Forgive them. The Eighth Step prepares us to actually be Willing to go out and find the people, places and things on our list.

It shows us where we were wrong and in turn we can see how others are just as fallible as we are. We see how our addiction puts us in situations to hurt ourselves, and for others to hurt us. The Eighth Step shows us how we provoked some people to act out on their defects and hurt us.

Although some of us were actual victims when we were children, as we Forgive those people, we are released from our resentments and being victims. Amends means to Change, we Change our Thoughts, Actions and Attitudes. We give ourselves and others the opportunity to be released from anger and resentment.

Sometimes Forgiving others is really for us. Our Heart starts to feel Compassion and Love toward others. The clearing of these obstacles enables us to Live the Principles of the Program and Carry this Message to the addict who still suffers.

◆ IN THIS MOMENT ◆

We will get the most out of our Eighth Step by remaining open to Forgiveness.

January 18

Continuing to take personal inventory means that we form a habit of looking at ourselves

— Gray Book, p. 57 (Step Ten, Lines 14-15)

Our Tenth Step asks us to continue to take Personal Inventory. What that means is that we never stopped.

All of our Steps in Narcotics Anonymous are Inventory Steps. Starting from Step One, we looked at our using and the trouble it caused us. In Step Two we took Inventory of the Power Greater than ourselves we Believed in.

We Opened our minds and Accepted Guidance from that Power. In the Third Step we relied on the God of Our Own Understanding. In Step Four we became Willing to look at our past relationships with people, places, things and our Relationship with Reality.

We saw what we had, and we saw what we wanted and it wasn't what we had. With the help of our Sponsors and our Higher Power, we worked toward our Personality Change in Steps Five, Six, and Seven. Recovery in Narcotics Anonymous is a Daily Reprieve, SO Living the Steps is a Continuous Cycle. We continue monitoring our attitudes and behaviors, and correct what needs correction.

Recovery in Narcotics Anonymous is a constant removal and replacing old with the new. We get in the habit of looking at ourselves and Practicing these Spiritual Principles, until this habit becomes automatic. Our personalities are transformed, we become different people.

◆ IN THIS MOMENT ◆

We will Continue Practicing the habit of looking at ourselves, until this habit becomes automatic.

January 19

As we begin to live in the present, burdens of the past and the anxieties of the future slip away.

— Gray Book, p. 147 (Chapter Nine, Lines 26-28)

As active addicts we obsessed about everything, it's part of the disease of addiction. We never lived in the moment. Even when we were getting loaded, our minds were always thinking about the next one.

Not living in the moment caused us to live a life filled with emotional volatility. We caused our own chaos.

The disease of addiction had us in its grip. When we landed in Narcotics Anonymous, we were told to keep it in the moment. We were told not to project.

We couldn't stop thinking where we just came from, and the wreckage that our active addiction caused. We weren't too thrilled about our future either. Feeling doomed and hopeless, we turned to a Power Greater Than Ourselves to relieve our obsessions.

The slogan "Just For Today" allowed us to focus where our feet were that was Reality. We had to stay away from our heads because that's where fantasy was and where the disease resided. As we "Lived In The Moment" and dealt with the task at hand, we started to feel that "All Will Be Well. " We no longer had to carry the burdens of the past or the worries of the future. We turned our Will over to the Care of God As We Understood Him.

Through this Trust we were able to develop Faith. Through Faith, we were able to continue to Live In The Moment and Life on God's Terms.

◆ IN THIS MOMENT ◆

Trusting our Higher Power will give us the ability to Live In The Moment. We will be Granted Serenity, Just For This Moment.

January 20

At last, with the help of the Fellowship and our Higher Power, we have regained our freedom.

— Gray Book, p. 160 (Chapter Ten, Lines 27-28)

As using addicts, we lived in our self-made prisons. The disease of addiction had us trapped in a vicious cycle. The getting and using and finding the means, so we can use more.

Our active addiction turned out to be a full-time job. The disease had us trapped in our own minds and bodies. We gave up a little of ourselves every time we used, we had no control.

We were slaves to addiction, and we saw no way out, we became hopeless and helpless. Our prison was self-imposed, and Surrender to Narcotics Anonymous was the Key. After arriving to N.A. we heard that we didn't have to use anymore, this was a great Revelation. We never knew we had that choice in the past.

The main Fruit in our First Step is Freedom from active physical addiction. That alone saved our Lives, but it wasn't enough. We needed Freedom from our mental prison.

The Second Step was the Key to open our closed minds. The Third Step Awoke our sleeping Spirit and offered Spiritual Freedom. With the Help of our Sponsors and the God Of Our Understanding, we worked the rest of the Steps.

With each Step we Experienced even more Freedom, we just had to Surrender at a deeper level. Surrender has to be followed by Action to be Complete and Total.

We Practice these Principles through our Traditions.

◆ IN THIS MOMENT ◆

We will acknowledge that Freedom is not free, although we paid an admission price, we still must continue to work for it.

January 21

Unity is a reality in Narcotics Anonymous.

— Gray Book, p. 91 (Tradition One, Line 32)

One dictionary has the definition of Unity as, "A whole or totality as combining all its parts into one." In Narcotics Anonymous we like to say that the Whole is Greater than the sum of all of its parts. What that means is that together with one Common Purpose we come together for that Purpose and that makes Unity in Action possible. Narcotics Anonymous solely exist to Carry the Message to the addict who still suffers. Since we can't keep what we got unless we give it away, Unity in Narcotics Anonymous is a must.

Unity is also a Reality, otherwise our Program would have folded a long time ago. Unity is not uniformity nor conformity. We need diversity in the way we Carry our Message if we are to attract every kind of addict.

Our Unity of Purpose must not change. Autonomous Unity is a Spiritual Principle that we should Practice.

We as members of Narcotics Anonymous must remain Anonymous, no big I's or little u's. Narcotics Anonymous' Common Welfare should come first, our Personal Recovery depends on that Unity. So it's not our individual welfare that comes first, but Narcotics Anonymous' Common Welfare is what comes first.

That means everything we do, we do for our Primary Purpose. To carry an unadulterated message.

That's how Narcotics Anonymous will stay in Existence.

◆ IN THIS MOMENT ◆

We will put the Common Purpose of Narcotics Anonymous in front of our own individual needs.

No one person is more important than Narcotics Anonymous as a whole.

January 22

We want to learn to do the things that will transform us into self-affirming people.

— Gray Book, p. 26 (Chapter Three, Lines 32-33)

The Basic Text says that this is a Program for learning. Narcotics Anonymous is also a Program for unlearning.

For most of us in active addiction; our perceptions and perspectives were changed. Although the disease of addiction is not a moral dilemma, it affected and defected most of us. Our Spirits were closed before we even picked up drugs.

Our voided Spirits was probably the main reason we started to use drugs. Our Literature tells us that during active addiction, we forgot Social Graces. We acquired and learned strange habits and mannerisms.

It continues to describe how we forgot how to play, feel and show concern for others. Now Clean and Practicing the Spiritual Principles contained in the Steps and the Traditions of Narcotics Anonymous; we have to relearn all over again. We learn not to use; we learn about a Higher Power and it's Will for us. We learn about ourselves; we learn about others, and we learn about the World around us.

Most importantly we learn from each other. The only thing we have to change about ourselves when we get to Narcotics Anonymous, is everything. Our Living Skills were reduced to the animal level, our Literature says.

Yes, this is a Program for relearning, first we unlearn, then we relearn, and then we continue learning.

◆ IN THIS MOMENT ◆

We will continue to learn a New Way of Life, as we continue in our Journey we will continue to unlearn our active ways.

January 23

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This lack of daily maintenance can show up in many ways.

— Gray Book, p. 144 (Chapter Nine, Lines 21-22)

The Program of Narcotics Anonymous is a twenty-four hour Program. We arrest the disease of addiction Just For Today.

We renew our Commitment to our Recovery on a daily basis. When we go to bed at night, we review our day, our actions, our reactions, and our attitudes. We check where maybe we could have handled a situation better than we did.

We take Inventory to see if we need to make an Amends to someone. This constant monitoring of our attitudes and behaviors is only half of our daily maintenance. The other half of our daily maintenance is the actual Practice of our Spiritual Principles in all our affairs.

We start the next day as soon as we open our eyes. We start with Gratitude for waking up. We ask for the Strength from the God Of Our Own Understanding, to walk the talk.

The more we Live the Spiritual Principles of the Narcotics Anonymous Program, the less chance our disease will get the best of us. The relapse process usually begins with our Spirituality, that's the first thing that starts to go. We stop being Grateful for the things we have, and we stop Praying. We start to lose Patience with people, places, and things; worrying becomes Prayer replacement.

Our behaviors with ourselves and others start to change. We start using the short version of the Serenity Prayer, which is "#### ##" and then the chaos begins. This relapse process in motion can lead to physical relapse.

A return to the basics is the only thing that can save us at that point. Taking an immediate Inventory can keep us on the right track and move forward.

We reconnect with our Higher Power. We Help another suffering addict. We renew our Surrender to the Principles of Narcotics Anonymous, and the Recovery Process begins again.

◆ IN THIS MOMENT ◆

We will continue moving forward on this Spiritual Path, by continuing to Surrender and Practice these Spiritual Principles on a twenty-four hour basis.

January 24

Addiction isolated us from people except for the getting, using, and finding ways and means to get more.

— Gray Book, p. 7 (Chapter One, Lines 12-13)

In active addiction as our using progressed, our world seemed to get smaller and smaller. As time went on and our disease progressed, we used to live and lived to use. Some of us lost our jobs; some of us were separated from our Families and Friends. Toward the end we spent a lot of time involved, in the getting and using drugs.

When we ran out of drugs, we spent time finding ways and means to get more. One of the exact nature's of the disease of addiction is isolation. The disease separated us from Loved ones and things we loved doing.

Some of us no longer enjoyed hobbies or leisure activities. We forgot how to have fun.

Using became our priority, and we had no choice, but to continue. We were powerless over our addiction, and our lives became unmanageable. Many of us became homeless and found ourselves in the streets living in degradation.

The most painful part from the results of our addiction was the isolation our spirits felt, and finally we lost ourselves. In desperation, we found people like us in Narcotics Anonymous. We finally felt part of something special; we no longer felt alone.

This was the beginning of the end of our isolation. With the Help of Narcotics Anonymous, our world began to get bigger.

Some of us became employable, and some of us got our Families back. We began to make new friends and participated in our and others' Lives. To continue in this Spiritual Journey, we must Live the Principles of Narcotics Anonymous.

We must also Share this Gift with those suffering addicts that seek it. Narcotics Anonymous can mean Never Alone.

◆ IN THIS MOMENT ◆

We never again have to feel isolated. Today our World consists of Fellowship, Family, Friends, our Higher Power and finally ourselves.

January 25

The only way to be rid of a resentment is to develop humility, in the form of forgiveness.

— Gray Book, p. 76 (Step Twelve, Lines 10-11)

Some say that resentments are like relieving yourself on yourself because you're the only one that feels it. The fact is that re-feeling or re-sending anger only hurts ourselves for the most part. The Process of Forgiveness begins with God Forgiving us, in turn we Forgive ourselves; at this point we're able to Forgive and be Forgiven by others. This Process usually takes place in Steps Seven through Nine.

We started the Forgiveness Process early on, when we Admitted our Powerlessness over our addiction. We had to put away our blame throwers.

We became Accountable for our addiction. We became Worthy of Recovery as we asked a Power Greater Than Ourselves to relieve our obsession to use. Our Decision to turn our Wills and Lives over to the God Of Our Own Understanding produced Humility in us.

Asking for Help made us Aware of our own Humanity. We start to develop Compassion for others.

Patience and Tolerance with ourselves, Helps us to Practice these Principles toward others. Forgiving others releases us from the bondage of resentment; it also helps others with their anger and guilt. Today with Narcotics Anonymous and our Higher Power we're Free to Live, Happy, Joyous and Free.

◆ IN THIS MOMENT ◆

We are released from resentments by Forgiving others. We start to see that Forgiveness is really for us.

January 26

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We went from a state of drugged success and well-being to complete spiritual, mental and emotional bankruptcy.

— Gray Book, p. 13 (Chapter One, Lines 28-30)

At first, we used drugs and then drugs used us. Upon our Spiritual Awakenings, our experience's show that our disease was present long before we actually used drugs. Step Four revealed that we suffered from a Spiritual malady that led to Spiritual decay. For a while, for many of us, drugs were the Solution; they saved us from ourselves.

The drugs helped us survive our feelings and our emotions. We used drugs to fill the void in our Lives. After a while, the drugs stop working.

The drugs only made our void bigger and our Lives more painful. The drugs started using us.

Using drugs became our way of life. We suffered emotionally, Spiritually, mentally, physically, and our Lives became unmanageable. Many of us ended up in jails, institutions, in degradation and some of us died.

After trying everything with no success, we stumbled into Narcotics Anonymous. For most of us, it was the last house on the block.

Here, we met people, who like us suffered from the horrors of addiction. These same people found a Solution and Shared it with us. The first thing we had to do was to stop using drugs, in any form. Our Second Step tells us that the pain of Living without drugs or anything else to replace them (including other drugs) forces us to seek a Power Greater Than Ourselves that will relieve our obsession to use.

We found the Solution that eluded us all our Lives. We found a Spiritual Solution to a Spiritual problem called addiction. In Narcotics Anonymous, our Spirits Awake and we come to know a Life we never knew was possible.

Recovery in N.A. leaves the sick person in a better condition than before they got sick. We are Welcome back to the land of the Living. We Share this Message of Hope, Promise of Freedom with others, in order to keep this Precious Gift.

◆ IN THIS MOMENT ◆

We will stay in the Solution. We will keep our Spiritual Awakening Progressing, by continuing to Practice a Living Program.

January 27

These old ways have to go if we are to find new lives.

— Gray Book, p. 80 (Chapter Five, Line 19)

Our character defects were the tools of the disease of addiction. These character defects made it possible for us to survive our old way of life. Drugs were our solution for a long time, before they turned against us.

To survive our addiction, we had to practice our character defects. In Narcotics Anonymous we are given a new set of tools, these new tools are necessary for our New Way of Life. In Narcotics Anonymous our old tools don't work in order to Recover.

Our Gray Book states, "Letting go of character defects should be done with love. Fear and hate cannot give us new lives. " We no longer need those old survival skills because now we're doing more than just surviving; we are finally really Living. Narcotics Anonymous offers us simple Spiritual Principles that we can Practice to continue on this Spiritual Path.

Narcotics Anonymous is more than just about not using drugs, it's not a drug program; N.A. is a Recovery Program. One Promise, and many Gifts, and one Gift is a Spiritual Awakening as a result of Working those Steps. Another Gift is a Relationship with a Higher Power Of Our Own Understanding.

Another Gift is a Relationship with Reality. Our Literature says that if we don't use what we have, we will lose it in a relapse.

So, we must keep these New Tools sharpened by continuously using them and Sharing them with others.

◆ IN THIS MOMENT ◆

We have to use the New Tools that were set before us in this New Life, otherwise, we can revert to our old ways.

January 28

The progression of the disease is an ongoing process, even during abstinence, no matter how long.

— Gray Book, p. 128 (Chapter Seven, Lines 32-33)

Our Literature tells us that we have an incurable disease called addiction, it's chronic, which means that it persists for a long time or is constantly recurring. It's progressive, which means it's always getting worse. It's fatal, which means it can kill us.

The disease is treatable, however, there is Hope. In Narcotics Anonymous the first thing we do is stop using drugs. For us Recovery cannot happen unless we're Completely and Totally Abstinent from all drugs.

Abstinence in Narcotics Anonymous is a must, if we are to treat this disease. We suffer from a physical, mental, spiritual and emotional disease, which needs a Spiritual Solution. We arrest the disease on a Daily Basis.

We use Spiritual Principles to Recover from the state of hopelessness, just for that day. We get a Daily Reprieve depending on our conditioning that day. When we go to bed at night, our Recovery expires.

The next day we have to start over again doing the things we did the day before that Granted us that Daily Reprieve. No matter how long we've been in Recovery and Abstinent, our disease is progressing and waiting for an opportunity to take over again. We develop Vigilance, we continue to Surrender and take Action. We begin to experience Freedom from diseased thinking, and we begin to feel Serenity as we Live by Spiritual Principles.

Just For Today, We Do Recover.

◆ IN THIS MOMENT ◆

Admitting our powerlessness and unmanageability, we open the door to Recovery. There is Hope.

January 29

Do we understand and believe that we have no real, long term control over drugs?

— Gray Book, p. 31 (Step One, Lines 23-25)

If we have no control over our addiction, how can we tell ourselves that one day we can use drugs safely again. One of the ways the disease of addiction manifests itself is in our drug use. We're not addicts because we use drugs, we use drugs because we are addicts.

Drug use is one symptom of the disease. This disease affects our Spirits, emotions, and our mental state.

Drug use usually comes at the end of the relapse process. The relapse process begins after we're in Recovery and are Clean. Chapter Seven in the Basic Text describes the events that can lead us to active use of drugs.

It also describes the process that starts the Spiritual, emotional, mental decay that occurs before the actual physical relapse. Addiction is a progressive, incurable and fatal disease that affects every area of our Lives. The most obvious sign of our disease is the uncontrollable obsession and then usage of drugs.

In Narcotics Anonymous we're granted a Daily Reprieve from this active use and obsession of drugs. This Daily Reprieve is dependent on our Daily Spiritual Maintenance. Our Spiritual Maintenance consists of Daily Practice of Actions and Steps that are suggested in the Narcotics Anonymous program.

In the First Step our ideas that we can ever return to safely using drugs, must be shattered. These reservations sometimes hidden beyond our knowledge in the back of our minds, can only be accessed by our Actions in Practicing the Spiritual Principles and following suggestions. These Actions we take in Narcotics Anonymous is the Process that relieves our obsession and reservations to use drugs. These Actions also keep our Spiritual Awakening and Recovery progressing.

Finally, we can only keep what we have been given, by giving it away.

◆ IN THIS MOMENT ◆

Through our Actions and Honesty, we enforce our Surrender that we never have to use drugs again, just for that day.

January 30

giving away that which has been given to us - is our best possible insurance against relapse

— Gray Book, p. 59 (Step Twelve, Lines 21-23)

In Narcotics Anonymous carrying the N.A. Message to the sick and suffering addict, not only helps Save their Lives, but ours as well. Since the Message is meaningless unless we Live it, we are sure to Practice what we Teach. In Narcotics Anonymous we are given the Gift that keeps on giving, as long as we keep giving it.

One of the ways we Carry the Message is by staying Clean ourselves. Our Surrender of powerlessness to the disease of addiction gives the suffering addict hope that they too can Surrender to the disease, and then Surrender to the Principles of N.A. Our Clean time serves as a Power of example in the eyes of others, an example of a Program that works. When others share their Recovery with us, it helps them reinforce what they have already learned. This Way Of Life and the Spiritual Awakenings we experienced are a result of those Steps.

This was truly a Gift from the God of Our Understanding. We keep giving this Gift to those who seek Recovery.

In turn, that Gift will keep giving to us, but after a while that's not what our Primary Motive should be. As our Spirit Awakens, we Practice the Principles of Love and Service by genuinely wanting to Help others. When we Help others stay Clean we stay Clean ourselves, you can say it's a side effect. We keep what we have by giving it away.

Carrying the Message of Narcotics Anonymous is the real reason Narcotics Anonymous exists. This is all we have to offer, this is our Primary Purpose.

◆ IN THIS MOMENT ◆

Our best insurance against relapse is Living the Principles of Step Twelve. This Step, along with Tradition Twelve, encompasses our whole Program.

January 31

JUST FOR TODAY I will have faith in someone in N.A. who believes in me and wants to help me in my recovery.

— Gray Book, p. 143 (Chapter Nine, 2nd Just For Today)

In Narcotics Anonymous, the Heart of Recovery from addiction is one addict Helping another. This is what Sponsorship is about, it's a two-way street because it helps both, Sponsee and Sponsor. When we Share our Recovery with someone else, we enforce our own Recovery.

When we first came to Narcotics Anonymous our Spirits were broken, tore up from the floor up, we felt helpless and hopeless. Here, in N.A. we met people that felt like us, but had found a Daily Reprieve from that hopeless state. We were told that we didn't have to suffer anymore, we didn't have to use, just for that day. We were told that we weren't bad people trying to get good; we were sick people trying to get better.

The We of the Program helps Save our Lives. The disease isolated us, and we thought we would die alone as using addicts.

Our Literature says that Narcotics Anonymous is like a ship in the sea of isolation. We're not alone, together we're shipwrecked on the same island.

We Help each other Survive from the horrors of addiction that we experienced. One of the suggestions in Narcotics Anonymous is that we find a Sponsor to Guide us through the Steps and Traditions. "The ultimate weapon for recovery is the recovering addict." A Sponsor is like a human map; they know where we came from. They know where we are going, and they show us how to get there.

People in Narcotics Anonymous will walk side by side with us, without motives or parallels. Just For Today, we never have to be alone again. Just For Today, we will have Faith in someone in N.A.

◆ IN THIS MOMENT ◆

We will seek to be part of this Fellowship. We will choose that person that can Guide us through the Narcotics Anonymous Program and New Way of Life.

February 1

We gave up--quit struggling--surrendered, completely and unconditionally. Then and only then did we begin to recover from the disease of addiction.

— Gray Book, p. 33 (Step One, Lines 13-15)

Our First Step in the Basic Text says that when we admit our powerlessness and the inability to manage our own lives we open the door to Recovery. We find the opposite to be true also, without Complete Surrender we close the door to Recovery. Many of us came in with the G.O.D. "Gift of Desperation".

Some of us came in with back problems; we wanted to get people off our backs, some were mandated, others woman-dated. Whatever first got us here, may not keep us here. We hear members shout, "Keep coming back!", at our meetings.

Our predecessors knew that our initial Surrender had to be kept alive. We had to develop smart feet, going to meetings was our physical act of Surrender. There's more to the First Step, our Honesty and Admittance had to be backed up by our Actions to have any effect.

We had to mentally Surrender by opening our minds to a Power that could relieve our obsession to use drugs, and later on other obsessions as well. Tapping into this Power we then Surrendered to the Willingness to apply these simple Spiritual Principles in our Lives. The foundation in the first Three Steps gives us the Tools we need to continue in the Recovery Process that's offered in Narcotics Anonymous. Our level of Surrender is in direct proportion to the Actions we take in our Recovery.

We learn that we couldn't win until we Surrendered. The fight is fixed, but with our Higher Power as our Trainer and the Fellowship in our corner, We Do Recover.

◆ IN THIS MOMENT ◆

Have we totally Surrendered? Are we substituting Knowledge for Surrender? Or, are we still keeping our initial Surrender alive with Action?

February 2

Goodwill is best exemplified in service and proper service is "Doing the right thing for the right reason."

— Gray Book (Our Symbol, Last Paragraph)

The Base of our Symbol is broad enough to embrace all manifestations of the Recovering Addict; this is what creates our Fellowship. We come together to Carry the N.A. Message to the addict who still suffers, that's our Goodwill, that's our Primary Purpose and our Unity of Purpose. Service in Narcotics Anonymous is our Unity in Action.

We need to Practice our Spiritual Principles so that our Common Welfare, which is Recovery, comes first before the needs of any one individual. At first when we come in to Narcotics Anonymous, we make coffee for our meetings, set up chairs and greet members at the door. We are told that these early commitments keep us coming back and help keep us Clean. As we start to Recover our Primary Purpose for doing Service shifts to Serving others and that becomes our Primary Motive.

Love and Service become our Primary Purpose. By us doing The Right Thing For The Right Reason we also get to stay Clean. Doing Service in Narcotics Anonymous Help others to get Clean and Help us stay Clean, but we need to take the Steps in order to Recover.

We need to have Recovery Based Service, not service based recovery. Service based recovery is for oneself and it doesn't work for long. Our Personal Recovery must come first.

Our personalities must experience a transformation. That only happens with the Help of the God of Our Own Understanding, the Fellowship of Narcotics Anonymous, and Living the Principles of the Steps and Traditions.

Goodwill can only be exemplified through this Process.

◆ IN THIS MOMENT ◆

We will check that our True Motive for Service is for those we Serve; the Addict that still suffers, and Narcotics Anonymous.

February 3

Anyone may join us regardless of age, race, color, creed, religion or lack of religion.

— Gray Book, p. 15 (Chapter Two, Second Paragraph)

Our Third Tradition makes it possible for all the manifestations of suffering addicts to Recover. Our Admission is our admission.

Help begins when we admit complete defeat. Addiction is an equal opportunity disease; it does not discriminate. In Narcotics Anonymous addicts from all cultures, backgrounds, financial backgrounds and educational levels, have one thing in common, the disease of addiction. Suffering from the horrors of addiction is what brought us together, and now thanks to Narcotics Anonymous we also have Recovery in common.

Our Unity is what makes our Recovery possible. Shipwrecked on the same island, enables us to form that common bond we call the Fellowship of Narcotics Anonymous. The only requirement for membership is the Desire to stop using.

This simple requirement makes it possible for all who seek Freedom from active addiction, regardless of age, race, creed, color or sexual preference, the opportunity to Recover. Our Unity of Purpose, to Carry the Message to the next suffering addict, keeps us United, and coming back. We Encourage and Love each other back to physical, mental, emotional and Spiritual Health. Each one teach one, and we help Save each other's Lives.

Our Strength lies in our diversity. Either we hang together, or we'll hang individually.

◆ IN THIS MOMENT ◆

We will be forever Grateful to have joined a special group of people, who like us suffer from the same Spiritual malady and found a common Spiritual Solution.

February 4

In Step Ten we strive for genuine humility. In this humility we can better interact with others.

— Gray Book, p. 56 (Step Ten, Lines 25-26)

Step Ten keeps us Spiritually Grounded, so we continue to take personal inventory. In this inventory we take stock of our assets and our liabilities, and we accept both. Practicing the Principles of Narcotics Anonymous, we're less likely to step on our fellow's toes. Taking daily inventory shows us where we've been wrong.

We follow up our shortcomings with amends. Our inventory also reveals where we've been right.

So by us Practicing Spiritual Principles we are less apt to practice our defects. Through our realizations and Acceptance of being human and flawed by nature, we begin to develop Patience and Tolerance with ourselves. At the same time, we develop Patience and Tolerance with others. All the Steps and Traditions of Narcotics Anonymous have to do with Surrender.

To some point all the Steps and Traditions have to do with inventory taking. We review what works for us and what doesn't work.

We throw out the old tools and pick up the new tools. Addiction affects every area of our Lives. We need to Practice Spiritual Principles in every area of our Lives, to continue in this Spiritual Journey.

◆ IN THIS MOMENT ◆

We will continue on this Spiritual Journey by continuing the Inventory Process contained in the Steps and Traditions.

February 5

Many of us would have nowhere else to go if we could not trust our N.A. groups and members.

— Gray Book, p. 119 (Chapter Seven, Lines 11-12)

Coming to Narcotics Anonymous for the first time has been described by many; was like coming Home. For a longtime many of us had been lost, isolated, and misplaced. Our drug use and life-style continued to set us apart from other humans, with each drug use. Arriving at the doorsteps of Narcotics Anonymous, we were welcome.

For the first time in a longtime people seem happy to see us. They greeted us with a hug, and we were told to Keep Coming Back.

We started to feel needed.

We were beginning to feel worthy. Finally, in a longtime we felt like we fit in. This is what home was supposed to feel like, and the other members were like our Brothers and Sisters. We slowly started to feel comfortable around the humans again.

As we continued to get involved with the Program of Narcotics Anonymous, we started to feel comfortable in our own skins. The Members of Narcotics Anonymous Loved us until we learned to Love ourselves. We took the Suggestions, and we Worked and Lived the Steps.

After the Result of those Steps, we Practiced these Spiritual Principles in the form of the Traditions. This New Found Freedom was a Divine Gift. Narcotics Anonymous only saved our Lives, but it gave us a Life worth Living.

A new Life free from the self-made prisons we built in our active addiction. We were Granted one of the Greatest Gifts in the form of a Relationship with the Higher Power Of Our Own Understanding. We must share this Precious Gift, with others that seek it, in order to keep it.

◆ IN THIS MOMENT ◆

It's our Responsibility to Welcome others who arrive in N.A. as hopeless as we did. We Love them until they learn how to Love themselves. We do this out of Love and Gratitude.

February 6

in the end, each of us had to admit that our self-sufficiency was a lie. nor could we manage our own lives.

— Gray Book, p. 91 (Tradition One, Lines 18-21)

Before Surrendering to Narcotics Anonymous, most of us suffered in isolation. The disease robbed our minds, bodies and souls of any Serenity and Hope. In the darkest of our times, we knew that any Light was a God-manifestation, but we allowed it to go dim through our drug use.

Our Spirits were smothered and went to sleep. Arriving at the Fellowship of Narcotics Anonymous, we were greeted with a hug and asked to Keep Coming Back.

Our Spirits began to be shaken Awake. Attaining and maintaining Complete and Total Abstinence, attending Meetings, working with a Sponsor. Practicing simple Spiritual Principles, with the Help from a Higher Power, our Spirits started to Awake even more. When we Admit our powerlessness and inability to manage our own Lives, we open the door for a Power Greater than ourselves to Help us with our Recovery.

As we continue to Grow Spiritually we in turn start to Greet and Hug Newcomers and Share this Precious, and Healing Light with them. As we help Awaken their Spirits, our Spirits Awaken even more. We never need to tremble in the cold horrors of active addiction again.

To gain the warmth in our Lives, all we needed to do was stoke the amber that N.A. planted. Through the Narcotics Anonymous Program, we learn how to Live by the Light and the Healing Heat from that Light.

◆ IN THIS MOMENT ◆

We followed with Action after Admitting our isolation was part of our disease. We begin by becoming part of something Whole; Narcotics Anonymous.

February 7

Your will and your life are now in the hands of the Source of all strength--tap into the Source!

— Gray Book, p. 41 (Step Four, Lines 9-11)

The Second Step of Narcotics Anonymous says that We Came To Believe That A Power Greater Than Ourselves Could Restore Us To Sanity. First we came, and gradually we came to Believe that a Power can Relieve our pain and obsession to use drugs. In Narcotics Anonymous, we tap into this Power for our Source of Strength.

This Power Greater Than Ourselves not only got us Clean, but it also keeps us Clean and makes our Recovery possible. Our Gray Book states, "All glory to God as we understand Him is our attitude here." True Anonymity reminds us that we on our own accord can't walk this walk. Our Strength comes from the God Of Our Understanding that we met in the Third Step.

When we made that decision, we decided to Trust that Power with our Lives. Total and Complete Surrender to the Spiritual Principles of Step Four is how we continue on this Spiritual Journey. Remaining Calm in the midst of a storm, is our manifestation of Trust.

Trusting the Source of our Strength leads to Faith, and Faith produces the Fruits that these Steps have to offer. A Spiritual Awakening is ongoing as long as we continue in this Process.

Our Constant and Total Surrender are the proof of our Willingness.

◆ IN THIS MOMENT ◆

We show the Proof of our Trust by the way we Live. We continue to Tap into this Power for our Daily Strength.

February 8

As we became responsible for our own recovery, we became responsible for our fellow addicts. We found this responsibility was two-edged.

— Gray Book, p. 79 (Chapter Five, Lines 32-34)

Our Basic Text says that: "The heart of N.A. beats when two addicts share their recovery. It goes on to define this as a Meeting, as long as they follow the Twelve Steps and Twelve Traditions of N.A. Two addicts gathering together, to help each other stay Clean.

Everything we do in Narcotics Anonymous we do together, it's a We Program. Carrying the Message is a Responsibility, not an option.

Recovering addicts are the only people that can help addicts; that is Our Responsibility. The one-on-one Sharing and Caring are without parallel; we find that Love and Service are the Primary Purpose and the Motive. As we do this personal face-to-face Service, we find that all the suffering we went through in active addiction was worth it; if it helps another suffering addict.

Our own Recovery flourishes, is the "two-edged", that our Literature talks about. One of the ways we do this type of Service is in the form of Sponsorship. A Sponsor is sought of like a human map, they show us where we're at, where we're going, and how we're going to get there.

Our Sponsors know because they've been there themselves, and they were shown the way by others before them. Every time a Sponsor shines the Light on this Path for another suffering addict, the Sponsor's Journey Reveals even more to themselves. As we recycle our Recovery, we see new Solutions to the new experiences we face Living Clean.

Every day is new in our Journey; we are given a Daily Reprieve, we are given Unconditional Hope. We can stay on this Journey so long as there is someone else and God on our side.

◆ IN THIS MOMENT ◆

Our Gift of Recovery is conditional, in that, we can only keep it, as long as we Share it with others.

February 9

We have feared that if we ever revealed ourselves as we really were, we would surely be rejected.

— Gray Book, p. 44 (Step Five, Lines 14-15)

The opposite of rejection is Acceptance, as using addicts we rejected ourselves, and we rejected life. In the early progression of the disease of addiction, we could not accept our feelings. We got loaded to change the way we felt.

We knew exactly how we wanted to feel, and that was obliterated. The self-center part of the disease disregarded everyone and everything around us. We used drugs at all costs; that same self-centeredness kept us feeling that we were all alone.

Our terminal uniqueness had us feeling that no one would ever accept us, if they got to know us. Arriving at Narcotics Anonymous, we had to Accept that we suffered from a Spiritual disease and not a moral dilemma. We found that we weren't alone, there were people like us.

We started to feel like we could be Accepted. First, we had to Accept Ourselves as sick people getting better. We Accepted a Higher Power that Forgave us, and gave us the Power to Love ourselves and others just the way they were.

Step Five is our Key to Freedom from self-rejection. Admitting to God, ourselves and another human being, turns that Key.

Self-Acceptance also includes what we are lacking and the Willingness to Change. The Steps, Traditions, Sponsorship, Service, and God made this transformation possible. This is a daily transformation it's not permanent, it's Just For That Day.

The next day we have to continue to Apply these Spiritual Principles to Keep What We Have. In Narcotics Anonymous, Acceptance through Surrender becomes a Way of Life for us.

◆ IN THIS MOMENT ◆

Our fear of getting to be known by others will subside, as we learn Self-Acceptance.

February 10

Our conception of fun have changed drastically since we surrendered to N.A. as a whole. We can enjoy simple things in life

— Gray Book, p. 157 (Chapter Ten, Lines 28-30)

At sometime in our life as an addict, life was simple and so was what we considered fun; we didn't have to create it; we just lived it, the Gray Book mentioned. As our disease progressed our fun digressed, we looked for new ways to feel happy. Drugs were the solution for a long time, until the drugs stopped working. Our Basic Text says that we began to acquire strange habits; we forgot how to play.

Our idea of fun was using drugs to the break of dawn. When our drugs ran out, we became depressed.

Mr. Hyde was showing up on most days; we forgot how to laugh, "we forgot how to feel." Through N.A. and working Steps, we start to enjoy the simple things in Life, and they start to give us Pleasure.

Fellowshipping before and after the Meetings gives us a chance to enjoy the presence of others. We start to hear and feel ourselves laugh, we start to have fun. As we start to Recover, some of us recapture the fun things we experienced before our Spirits went to sleep.

We learn how to have Clean fun through events and gatherings with others who are not using. We begin to enjoy being around other humans. For us, fun started to consist of simple things, e.g.; a walk through nature, listening to music, or playing games with friends and families.

We enjoy Carrying The Message as we accompany others and newcomers to the diner after a Meeting. We joke and sometimes laugh at ourselves, we Share Joy and Unconditional Hope. We find that Joy doesn't originate from the outside, but from within.

We learn to Live with the Simple Spiritual Principles of Narcotics Anonymous. With each day we see that it's because of the simple things in Life that we experience real fun.

◆ IN THIS MOMENT ◆

After coming to N.A. our perspectives and perceptions of fun had to change, because our old way of fun could kill us.

February 11

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We addicts, recovering in N.A., are convinced that there is only one way for us to live, and that is the N.A. Way.

— Gray Book, p. 14 (Chapter One, Lines 14-16)

For most of us, Narcotics Anonymous was the last house on the block. We had tried everything before we came to N.A. to stop using and hurting. Our First Step tells us that we tried other remedies, psychiatrists, recovery houses, lovers, jobs, etc.; and they all failed us.

The Program of Narcotics Anonymous was the last thing we tried, and the first thing that worked. We suffer from a disease that is mostly Spiritual, but affects us physically, mentally and emotionally. Our Spiritual illness needs a Spiritual Solution, not a medical one.

Narcotics Anonymous offers addicts, not only Total and Complete Abstinence, but also offers a Spiritual Awakening through working and Living the Steps and Practicing Traditions. It offers not only a New Way Of Life, but a Life we could never have conceived of. Recovery in Narcotics Anonymous is the only Solution to a disease that leaves the person in better condition than the person was in, before they contracted the disease. Ours is a Supernatural Solution; it takes a Supernatural Power to manifest itself through other Recovering addicts, to keep this disease at bay. No other disease can be treated in this manner, one addict helping another.

Narcotics Anonymous has proven itself to work in the Lives of countless addicts since 1953. Our Whole and only Primary Purpose is to Recover and help others find this Solution. We have to keep this Message by carrying it to all who seek it.

N.A. is not for people who need it. N.A. is not even for people who want it.

N.A. is for people who work it. Our Way Of Life offers much more than Abstinence from drugs.

Our Spiritual Awakenings teaches us not only a drug free lifestyle, but also how to build Healthy Relationships with others and our Higher Power.

◆ IN THIS MOMENT ◆

Each day we are given another chance at real Living, not just existing. We are convinced that there is only one way for us to Live, and that is the N.A. Way.

February 12

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We regretted the past; we feared the future. We were constantly searching for "the answer"

— Gray Book, p. 2 (Chapter One, Lines 15-16)

Living In The Moment helps us dispel regrets from our past, it keeps us from creating worries about tomorrow. We Live In This Moment: we no longer borrow from tomorrow because now is where Reality exists. As using addicts, we were trying to escape our Lives, past, present and any future we might have had. While using drugs we were actually committing suicide on a time payment plan.

Some of us regretted waking up to the next morning, only to start the cycle all over again. After arriving at Narcotics Anonymous, our past seemed to catch up with us. We were no longer moving targets and this state of inertia overwhelmed and scared us.

The members that arrived before us, told us to Stay In The Day. They told us that fantasy is where our heads are at, and Reality is where our feet are at. We learn to work and Live the Spiritual Principles contained in the Steps and Traditions.

We learn to turn our Will and Lives over to the Care of the God Of Our Own Understanding. Yes, N.A. is a Program for learning. We get to revisit our past, and through the Steps we begin the Process of repairing the wreckage of our past.

We change a little every day with the help of our Higher Power, Sponsors and the Fellowship. As we continue on this Spiritual Journey, our present becomes liveable, and we stop creating chaos. We work on ourselves, and our futures become one of Hope. Our present becomes our past, and we secure our futures.

We Live a Life of Love and Service to our Loved ones and society in Narcotics Anonymous and society in general. We're finally experiencing Living Life, Happy, Joyous and Free.

Just For This Moment.

◆ IN THIS MOMENT ◆

We no longer regret our past. We Live In The Moment, as we have Hope for the future.

February 13

The only thing we want to emphasize is that you should feel comfortable with your Higher Power and be able to make the statement that your Higher Power cares about you.

— Gray Book, p. 35 (Chapter Two, Lines 12-15)

Most of us that arrived to Narcotics Anonymous didn't have a working relationship with a Higher Power. Most of us didn't even have a relationship with reality. Our Second Step allowed for evidence to be presented in our Lives and the Lives of others.

When we tapped into this Power, it relieved our obsession to use. Our Literature says that the most obvious sign of the insanity of addiction is the obsession to use. The lifting of this obsession was our most compelling proof of something working in our Lives for the better.

The Third Step allows us the Freedom to choose a Higher Power of Our Own Understanding. It does not come without catches though, our Third Step asks that we be Honest about our Belief. Part of being Honest is that our Higher Power be Caring, Loving, and we can add Forgiving.

With these qualities we can try to emulate those qualities and show Empathy to others, as it is shown to us. The Caring, Trust, and Patience we are shown through our relationship with this Higher Power can be reflected to others. Our Literature tells us that it is better to understand rather than to be understood.

If we are asking our Higher Power to remove our shortcomings, we are asking for Forgiveness at the same time. In turn, we will show this Spirit of Forgiveness to others.

◆ IN THIS MOMENT ◆

We will choose a Higher Power of Our Own Understanding. We will choose a Power that will reflect how we want to be treated, and how we will treat others through the Spiritual Principles.

February 14

If the word God bothers you, as it did many of us in the beginning, substitute Recovery, Good, Love, N.A., Peace or anything positive, just as long as you mean it.

— Gray Book, p. 38 (Step Three, Lines 7-9)

As using addicts many of us cried out to God, with fox hole prayers. We called out to God when we were running out of drugs or caught by the police. Some of us never believed in God at all.

When some of us came to N.A., we had trouble accepting God as an entity. Some of us suffered guilt from the things we did in active addiction. The mention of God frightened or shamed us, so we rejected God.

Some of us had God shoved down our throats as children, so we were closed minded at first. The First Step assures us that we're not God. To stay Clean and Recover, we would need a Power Greater than ourselves, and it wasn't us. This Power that we tapped into in our Second Step removed our obsession to use.

This Power didn't have to be the God religion talks about. God could mean any Loving Power Greater Than Ourselves or the Group, collectively. We can also choose the Spiritual Principles of Narcotics Anonymous.

We can choose whatever Power we want, as long as it is Loving, Caring, Forgiving, and outside ourselves. The Second Step reminded us that the Process of Coming To Believe, is what Restores us to Sanity. So it's the Actions we do that Restore us. Going to Meetings, doing Service in our Home Group, reading and studying Literature, and taking Suggestions from our Sponsors.

These Actions are a Power Greater than ourselves and can Relieve our obsession to use and Helps us with our thinking. We have to be Honest with our Belief for it to work. G-ood, 0-rderly, D-irection seems to work for some of us. For others, it was the G-ift 0-f D-esperation.

Whatever it is we have to mean it.

◆ IN THIS MOMENT ◆

We will choose a God of Our Own Understanding. We will be Honest with that Belief, by doing the Action.

February 15

letting our Higher Power find us, rather than searching for God with only our minds.

— Gray Book, p. 64 (Step Twelve, Lines 25-26)

Don't search for God; God is not lost, we are. When we first arrived at Narcotics Anonymous, many of us were far removed from any type of Healthy Spirituality.

Some of our practices by using drugs, to find God or something else, only drew us farther away. Our Spirits were in a Spiritual coma, our minds and bodies were clouded with drugs, we were sick. After getting to Narcotics Anonymous and remaining Abstinent, our minds caught up to us; the obsession in our thinking could only be relieved by a Power Greater than ourselves.

A sick mind cannot cure itself, so we needed the Steps and others to Awaken our Spirits. Our Second Step tells us that the pain of Living without drugs or anything to replace them, forces us to seek a Power Greater than ourselves to relieve our obsession to use. Step Two says that the Process of Coming To Believe is what Restores us to Sanity, so it's the Action we do that Restores us. We can't think our way into good Living; we have to Live Our Way Into Good Thinking.

The decision to apply these actions come more from our Hearts than our minds, we feel God's Presence, not think God's Presence. With these Actions the God of Our Understanding finds us. We Practice the Spiritual Principle of Honesty by aligning our Actions to the Truth.

◆ IN THIS MOMENT ◆

We will use GPS (God-positioning-system) for God to find us, we will show others how to stand still and get found.

February 16

In working the Steps we need to come to depend on a Power greater than ourselves. We continue this relationship and utilize it for our Group purposes.

— Gray Book, p. 93 (Tradition Two, Lines 14-16)

We needed a Power Greater than ourselves to get Clean and stay Clean. We continued to develop a Relationship with this Power that Restored us to Sanity and removed our obsession to use. We turned our Thinking and Living over to the Care of our Higher Power to continue in this Process we call Recovery.

This Process happens or should happen to every addict seeking Recovery and Living the N.A. Program. This Constant Conscious Contact becomes our God Consciousness, which we develop, shows us how to Live and Guides us in our Recovery.

We continued this Relationship and utilized it for our Group purposes. This Ultimate Authority manifests itself through each one of us, and a decision is made through the Group S Collective God Conscience. True Group Conscience is dependent on each individual having a Conscious Contact with the God of their understanding. If the majority of the Group members lack this Relationship with their Higher Power, then what you have is Group opinion.

Decisions based on individual opinions are not for the Greater Good of the Group and/or N.A.; it drives us away from our Primary Purpose. When we divert from our Primary Purpose, addicts die, and some will never find this Life Saving Message of Narcotics Anonymous. Anonymity in our Second Tradition reminds us that no one member is more important than the Group. Our Group decisions should come in front of the needs of anyone individual.

This decision is Guided by a Loving God as it expresses itself through our Group Conscience. Our Trusted Servants do not govern.

◆ IN THIS MOMENT ◆

We will continue to Rely on the God of Our Understanding in all our decisions, including our part in the Group Conscience.

February 17

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An addict who does not want to stop using will not stop using. They can be beaten, locked up or whatever; but they won't stop using until they want to.

— Gray Book, p. 97 (Tradition Three, Lines 18-22)

Our Third Tradition tells us that Desire is the basis of our Recovery. Without the Desire to stop using, we are doomed.

When we first arrived at Narcotics Anonymous, we just wanted to stop hurting. Most of us were sick and tired of being tired and sick. Some of us came in through the direction of the law enforcement, and some of us were directed by our families or jobs. Either way, after a while, if we weren't here for ourselves we didn't stay.

The pain, for us, had to reach a point that we were Willing to Surrender. We first Surrendered to the disease that means we had to accept we had a disease. We then Surrender to the Solution, the Spiritual Principles of Narcotics Anonymous.

In the past addicts were put in jail hoping they would stop using; it didn't work, as soon as the addict was released, they returned to using again. Addicts were given medication hoping that the addict would lose the desire to use drugs. Some addicts were told to try religion, in hope they would find God and stop using drugs. None of these methods that we tried worked for us.

What worked for us was an Honest Desire, originating in our Hearts, not our minds to stop using. Our hopelessness is what brings us to Narcotics Anonymous. Hope is what keeps us here.

Narcotics Anonymous, for most of us, was the last house on the block. That Desire had to turn to desperation for us to first come here, and then to stay.

We had to be completely beaten by the disease of addiction, for us to submit. When we finally Surrendered, we were Willing to try a different way. Finally, we found a New Way To Live, a Life we never ever could have conceived of.

Welcome to Narcotics Anonymous.

◆ IN THIS MOMENT ◆

We will keep our doors open, Just For Today we will fan the flames of Desire for the suffering addict coming in.

February 18

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All too many times, doctors who meant well, but did not know of our disease, enabled our addictions.

— Gray Book, p. 10 (Chapter One, Lines 13-14)

Some say that the most dangerous place for an addict to be in, is not in the club or the bar. The most dangerous place for an addict to be in, is in a doctor's office. Ironic as that sounds, it's been proven over and over that a number of our members returned to active addiction after receiving medication from doctors.

Addiction is a Physical, Mental, Spiritual and Emotional disease. Trained professionals learned about medicine and diseases, but addiction is mostly a Spiritual disease that affects us Physically and Mentally. Today's doctors still have very little knowledge about addiction, a ten-hour course cannot make anyone an expert. We in Narcotics Anonymous who have Recovered from this state of hopelessness, are experts in our Recovery.

We spent years and years in active addiction, so we have plenty of experience in the disease as well. Our histories as addicts in Recovery shows that addicts can help addicts. Our experience shows that a Spiritual malady needs a Spiritual Solution.

We can't treat a Spiritual disease with chemicals. Although doctors mean well, they actually contribute more to the problem than the Solution.

Related facilities and treatment centers often treat only the symptom of the disease, which is the use of drugs. Their cure is not abstinence; its partial abstinence or harm reduction. We can't use drugs to get off drugs, and we can't treat our Spirits if our bodies and minds are still clouded with drugs.

Narcotics Anonymous has been proving itself for decades, as the best treatment for the disease of addiction. Our Program offers more than just abstinence, it offers a Spiritual Awakening with every Step. One of our founders wrote that only addicts can help addicts.

That's our Responsibility, that's our Primary Purpose. The relationship with others and our Higher Power, the Program of Narcotics Anonymous, proves to be our Greatest Blessings.

◆ IN THIS MOMENT ◆

We respect and trust the medical field with our health issues, but with our disease of addiction, we Trust the Recovering Addict and the Narcotics Anonymous Program.

February 19

We are never forced into relapse. We are given a choice. Relapse is never an accident. Our knowledge of addiction is not enough to stop us from using.

— Gray Book, p. 124 (Chapter Seven, Lines 33-35)

Relapse is not part of Recovery; it's the lack of it. The process of relapse has its beginning at the end of the Recovery process.

Our Literature describes a Spiritual, Emotional and Mental relapse prior to the Physical relapse. The use of drugs happens at the end of the relapse.

The Recovery process requires a Daily Surrender to Spiritual Principles. The Actions we take to Recover is our Process of Surrender. Our Physical Act of Surrender happens when we attend Meetings.

Our Mental Act of Surrender happens as we tap into our Higher Power for Strength and Guidance. Practicing A Living Program, Working with others and doing Service for Narcotics Anonymous is our Spiritual Act of Surrender. One of our predecessors often mentioned that Knowledge is not a substitute for Surrender, we have to apply the information to our Daily Lives. Every day, we are Granted a Daily Reprieve from returning to active addiction, and that's dependent on our Spiritual Conditioning.

Narcotics Anonymous is a 24 hour Program, we Recover from the hopeless state we once suffered from, Just For Today. We keep away from the Emotional relapse by Thanking the God of Our Understanding for keeping us Clean that day. We greet the new day; we start over by expressing our Gratitude by our Actions throughout the day.

We incorporate the Basics and Spiritual Principles in our daily routine. We Share our Recovery by carrying the Message to the addict who still suffers. These Actions keep our Recovery growing, and it keeps the relapse process from starting. Just For Today, we will continue to work on our Recovery, we will continue on this Uphill Journey.

◆ IN THIS MOMENT ◆

We will continue to Live and Share with others the Narcotics Anonymous Program, so we can continue Living and Enjoying our Lives without the use of drugs.

February 20

Through our inability to accept personal responsibilities we were actually creating our own problems.

— Gray Book, p. 23 (Chapter Three, First Paragraph)

First we used drugs, then drugs used us. What started out as fun and recreation, we thought, ended up being all we could think about. As our disease progressed, it became a priority in our Lives.

Our whole Life was centered in drugs, in one form or another. As we used to Live and Lived to use, our personal Responsibilities were neglected. Our unmanageability was apparent to those around us.

It seems that we were the last ones to know that we could have a problem. Our days consisted of constant squabbles with our Loved ones, some of us became unemployed, and some of us were incarcerated. Using drugs isolated us from our Families, Friends, our jobs, and finally ourselves. Drugs that were once our solution, became a problem for us.

What once filled our void in our souls, was actually making our void even bigger. We thought if we could just stop using drugs, our Lives would get better. We filled our void with new jobs, new lovers, religion and other drugs.

We moved to different areas thinking that our feelings and emotions would change. Our inner unmanageability became more and more apparent, nothing we tried worked. Sooner or later we returned to the only thing that once worked for us, our drugs.

Beaten into submission we found Narcotics Anonymous, here we met folks just like us. The people we met in Narcotics Anonymous like us, suffered the horrors of addiction. They seemed to be Happy, Joyous and Free; they seemed to have the answer of Freedom from active addiction.

We heard if we weren't the problem there would be no Solution. We started to feel Hope that we also can Recover.

◆ IN THIS MOMENT ◆

We know that although we're not Responsible for our disease, we are Responsible for our Recovery.

February 21

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We must use what we learn or we will lose it and probably relapse, no matter how long we have been clean.

— Gray Book, p. 123 (Chapter Seven, Lines 14-15)

In Narcotics Anonymous we're granted a Daily Reprieve, and that's contingent on our Spiritual maintenance. The Spiritual Principles are written so simply that we can practice them in our Daily Lives, the most important thing about them is that they work, our Literature tells us. After arriving at Narcotics Anonymous we put down the drugs, then we are given a set of tools that replaces our drug use. These Spiritual Principles contained in the Steps have to be applied in our Daily Living for them to work.

Since there's no cure for this progressive disease, our Recovery has to be ongoing. We learn to Surrender daily, one of the ways we show this Surrender is with our Meeting attendance. Attending Meetings and our Complete and Total Abstinence is part of our Physical Surrender in Step One.

Since our disease is also Mental, Spiritual and Emotional, we must do more. Hope without action turns to despair, so we must work the rest of the Steps. Tapping into a Power Greater than ourselves to relieve our obsessions, Grants us Serenity, and supplies the Power to move on.

We develop a Relationship with the God of Our Understanding. With the Help of our Sponsors and other members we move into Action. Our Gray Book says, "This gives us experience in applying Spiritual Principles.

The experience gained with time insures our ongoing Recovery." So then the opposite must be true, if we don't use what we learned we lose it in the relapse process. Spirituality is one of the last things we gain in our Program, but, it's the first thing that starts to go in the relapse process. Our ongoing Recovery is dependent on our actions Today.

If we don't use it, we'll lose it. The same way we cannot stay clean on yesterday's shower, we cannot stay clean on yesterday's Recovery.

We Recover, Just For Today.

◆ IN THIS MOMENT ◆

We will assure our Recovery by applying what we've learned. As we continue to Practice our Principles Daily, our Recovery becomes an ongoing Process.

February 22

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We continued to take personal inventory, and when we were wrong promptly admitted it.

— Gray Book, p. 54 (Step Ten, Header)

Recovery is a continuing process, recycling through the Steps and Traditions we discover new revelations about ourselves and others. No two days are exactly the same, and we seem to be different each day as well. Sometimes we Grow, sometimes we stay the same and sometimes we regress. Narcotics Anonymous is a Twenty-Four hour Program; it's a Just For Today Program.

Each day we are Granted a Daily Reprieve from active addiction. This Reprieve depends on our daily maintenance of our Spirit. The Recovery process is not automatic like the relapse process, it requires our efforts and work.

Working and Living the Steps and Traditions with our Sponsors and Higher Powers, provides us with the ability to change. All of the Steps are Inventory Steps because they allow us to look at ourselves. The Steps transform us, if we Live them. Practical application is what unlocks their Fruits.

Step Ten reminds us of this process. A check up from the neck up reminds us that we'll always be Recovering.

Step Ten is actually the Practice of Steps One through Nine. Daily Inventory allows us to see where we were wrong. As Recovering addicts, we actually have to work this Step to find out if we've been wrong.

The preventive part of this Step is what makes us Grow. When we Practice the Spiritual Principles, our defects lessen. We learn to pause before reacting.

In that pause, we see that others also are going through their own Growing process. Reflecting on our own Assets and liabilities, we are able to Practice Patience, Tolerance and Forgiveness, for others as well as for ourselves. Taking Inventory has to be a constant to be effective.

It's one of the most Loving thing we can do for others and us.

◆ IN THIS MOMENT ◆

We will continue this Loving process of Growth. We will Share these Spiritual Principles with others as they affect our Lives.

February 23

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

— Gray Book, p. 115 (Tradition Twelve, Header)

The Awakening of our Spirits is a result of working those Twelve Steps. We then Practice these Principles through our Traditions. Anonymity is what makes this possible, it is the whole basis of our Program.

The Steps and Traditions are designed to protect us from ourselves and others. Remaining nameless and Anonymous makes us all equal, no big I or little you. The same way we admitted that we couldn't do it alone in Step One.

Tradition One speaks of Unity of Purpose, as part of a whole. Tradition Two speaks of an Ultimate Authority, not us.

Tradition Three expresses Freedom in Equality and Diversity. Tradition Four speaks of Group Autonomy; no one person is more important than the Group, and no Group can dictate to or control another Group. Tradition Five talks about our Primary Purpose and not my individual primary purpose. Traditions Six through Nine describe the boundaries between Narcotics Anonymous and entities, businesses, organizations and related facilities, including service committees. We don't lend our Name to anyone outside N.A.

AS SUCH. Traditions Ten through Twelve speak about the boundaries between Narcotics Anonymous and the World at Large.

By remaining Anonymous, no one person, or member can represent Narcotics Anonymous. We don't get involved with the World at Large or the traditions of the World at Large. Anonymity keeps us from thinking that we're doing this on our own.

Anonymity gives credit where credit is due, to an Ultimate Authority as it may express itself in the Conscience of Our Groups.

◆ IN THIS MOMENT ◆

we will remain Humble, by remaining nameless, we will recognize that we're part of a whole, and the whole is greater than the sum of its parts.

February 24

Personality change was what we really needed. Change from a self-destructing to a self-affirming pattern of living was imperative.

— Gray Book, p. 25 (Chapter Three, Lines 18-20)

Living in active addiction we warped our thinking. Our personalities took a strange twist.

Our defects saved our lives because they enabled us to use, and we used to live. These emotional twists affected us at a deep level unbeknownst to us. In fact, we were sometimes the last to know that we had a problem.

Denial and self-centeredness protected us from seeing the reality of what our lives had become. Since Spirituality is the right Relationship with reality, we had none.

Our Basic Text says, "Living skills were reduced to the animal level. Our Spirit was broken. The capacity to feel human was lost.

Our character became defective, and our behaviors and attitudes just confirmed it. We were in survival mode, the people we once were, were swallowed up by our disease. Our conscience left soon after we refused to listen to it, and denial set in. The personalities that were formed only served one purpose, and that was to keep on using, at all costs.

Narcotics Anonymous and working the Steps offered a transformation of the Heart, Body, Mind and Spirit. Our characters needed reconstruction; we needed God as we understood him to be the architect. Our Steps and Traditions are the Spiritual Tools needed for our blueprint for Living.

Narcotics Anonymous offers the plan and the design for Living. We must Surrender to this Way of Life, if we are to continue Living, not just existing, dying or suffering.

◆ IN THIS MOMENT ◆

We will Surrender to this overhauling, of Character, Mind and Spirit. With the help of Narcotics Anonymous, our Sponsors, and our Higher Power.

February 25

It would be tragic mistake to have it all written down and then just shove it into a drawer.

— Gray Book, p. 44 (Step Five, Lines 12-13)

The Fourth Step in Narcotics Anonymous asks us to put pen on paper and write our Assets and liabilities. This fearless Self-Appraisal reveals what makes us tick. Through our writing we unlock feelings that were buried alive in our active addiction.

The Fourth Step unlocks parts of us that we weren't conscious of. It also shows the patterns of living that were developed and needed for our drug use. Our liabilities were no longer needed in our New Way Of Life; they served their purpose in active addiction, but are no longer needed.

Our inventory also revealed our Good Qualities, Assets that are tools we could use for this Way Of Life. Our resentments and anger toward people, places and things no longer hold us captive. The first Three Steps we get right with God, in the Fourth Step we start to get right with self. We are Free to Grow and reach another level of Surrender.

We started experiencing Self-Acceptance, and we were beginning to like ourselves. We began the removal and replacement process, out with the old in with the new.

We invited the God Of Our Understanding to Guide us in our Process and we Prayed for Honesty. This act of Faith will be incomplete unless we share it with God, ourselves, and another human being. This brings us to the Fifth Step.

◆ IN THIS MOMENT ◆

We invite a Loving God into our Process, we ask for Strength and Courage to be able to look at ourselves and with God's help and our Actions we change.

February 26

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The Eighth Step is a mighty stride away from a life dominated by guilt and remorse.

— Gray Book, p. 51 (Step Eight, Lines 14-16)

If God forgives us in the Seventh Step, then we have to forgive ourselves because we're not greater than God. The Eighth Step provides this Process, looking at our Fourth Step list is a start. At this point our list usually doubles because after doing a personal inventory we saw the exact nature of our wrongs and patterns. We were no longer victims, our Eighth Step reveals that we put ourselves in a position to be harmed by others.

Defending ourselves, we harmed others; we were still at fault for being there. The lifestyles we lived in active addiction affected us at a deep level, we warped our personalities. No matter how much damage we caused others, we hurt ourselves the most at a deep level.

The guilt and remorse caused self-hatred, so we used more drugs not to feel. The Eighth Step provides a way out, but we must change our old ways. Steps Four, Five, and Six forced us to look at ourselves, the results were that we gained Self-Acceptance.

Where before we didn't have a choice, we have one now. Our Spirits awoke as a result of the prior Steps, we were given the tools to negotiate the next Step. In Step Seven our Hearts began to Recover, and we received Courage from our Higher Power along with Spiritual tools.

God had forgiven us, so we had to forgive ourselves and others. This was a giant Step from the way we used to live. We developed Compassion as a result; we were able to finally see our part and sought to correct it.

We made the list and became Willing. We now are actually preparing to be Willing to look for the people we had harmed.

This is a mighty stride from the way we used to live, and we can't do it alone. We need our Sponsor's Guidance and Support and God's Power and Spirit.

◆ IN THIS MOMENT ◆

We begin the Process of Forgiveness by God forgiving us, by forgiving ourselves, and by forgiving other people when they don't forgive us.

February 27

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Through the freedom in our new lives we are finally able to see the special qualities that we possess as individuals

— Gray Book, p. 161 (Chapter Ten, Lines 2-4)

In Narcotics Anonymous one of the people we will meet, will be ourselves. After hitting our bottoms, we weren't too happy to see what we have become. Now abstinent, we feel all our feelings, and most were guilt, shame, and remorse.

Most of us didn't like ourselves, and now we get to face it. Living with ourselves without the use of drugs was even more painful.

We no longer had the drugs to numb us. N.A. does not only offer abstinence from drugs, it also offers Freedom from the obsession to use. N.A. offers a New Way to Live through the Spiritual Awakening we experience from working and Living each Step and Tradition. This Awakening of the Spirit allows us to nurture the person we were meant to be all along.

This process is over time and not overnight, at times our pain requires Total Surrender. There's Freedom contained in each Spiritual Principle. Freedom from active addiction, Freedom from self, Freedom from others, and Freedom from the world at large.

We no longer need the masks; we no longer had to be the people others wanted us to be. We finally could be ourselves and be OK with that.

We're a work in progress. We're still not the people God knows we could be.

We're still not the person we want to be. We're the person we're supposed to be right here, right now. With the help of the God Of Our Understanding, our Sponsors, the Steps, Traditions and the Fellowship of N.A., this transformation is possible, Just For Today. We see ourselves realistically, with our liabilities and our assets.

We Surrender to this process and receive Self-Acceptance, and Acceptance of others. We learn to Live in our own skins; we get glimpses of the people we could become. Today there's Hope.

◆ IN THIS MOMENT ◆

*We not only have Self-Acceptance, but we also Accept what we are Lacking and try to develop in that aspect.
We also develop Compassion for ourselves and others.*

February 28

”

These principles for living will guide us in recovery when we learn how to use them.

— Gray Book, p. 148 (Chapter Nine, Lines 22-23)

Chapter Two in our Basic Text states that, "Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work. " What we knew when most of us arrived to Narcotics Anonymous, nearly killed us. The tools we had, were the tools of the disease.

Although they helped us in our active addiction, they no longer were useful in our Recovery. Narcotics Anonymous offered us a new set of tools.

These Spiritual Principles that were locked in the Steps and Traditions can only be accessed through practicing, Honesty, Open-Mindedness and the Willingness to try. Our Unconditional Surrender in the First Step left us in a state of submission. Developing smart feet by going to meetings was a Physical Act of Surrender.

We were introduced to Honesty, by aligning our Actions with the Truth. We showed our Open-Mindedness by taking suggestions from members that were here before us This Action and behavior made our Belief in a Power Greater Than Ourselves a Reality. It was the process of coming to believe that restored us to Sanity, as our obsession to use was lifted.

The Hope that was evident in our Lives and in the Lives of others, propelled us into Action. This Action, when we took the Second Step, increased our Faith.

We developed Trust in this Power and decided to let it Guide us, in all areas of our Lives, not just the stop using part. As we Recovered, the more we Uncovered and the more we Discovered. Although Spiritual Principles are simple in nature, we cannot do it by ourselves.

We need a Sponsor, the Fellowship of Narcotics Anonymous and a God Of Our Own Understanding.

◆ IN THIS MOMENT ◆

We will pick up the Spiritual tools laid at our feet. We will trade our old dying program, with a New Living Program.

February 29

It is very important to keep sharing with other people so that when we come up with a rationalization for negative behavior, we can be told about it. This highlights the preventative part of the Tenth Step.

— Gray Book, p. 57 (Step Ten, Lines 19-22)

At times even Clean we can get lost in our addiction. The 12 Steps of Narcotics Anonymous are often referred to as a roadmap to the God Of Our Own Understanding. We must remain Vigilant on this path, so God can get us to where He wants us to go. Our Grey Book reminds us Step Ten is a vaccination against insanity on a continuing basis.

The Steps are most beneficial when We share them with a fellow recovering N.A. member and the God Of Our Own Understanding. The same goes for our Tenth Step. We consider if we are doing our best? Are we staying honest?

Are we still growing? Did we act out on a negative emotion? Are we slipping into old fears and resentments? We also cannot forget to Honestly appraise our achievements. What Spiritual Principles have we practiced? Where have we been successful?

In sharing these things with another Member, we allow a Greater Power to work through Others to help us see through our own selfdeceptions. We get Honest with ourselves and bring this Humility to the God Of Our Own Understanding. God is ultimately responsible for changing us, but we are responsible for working a Living Program of Narcotics Anonymous.

◆ IN THIS MOMENT ◆

We share our thoughts, actions and reactions with others to allow God to show us the Truth by using another Member as His instrument.

March 1

The only price is to quit fighting, surrender quietly and let the God of our own understanding take care of us.

— Gray Book, p. 40 (Step Three, Lines 4-6)

Our Third Step asks us to make a Decision, unlike the First Step where we were physically, mentally and spiritually beaten into submission, by others or the drugs themselves. This Decision is made by our desire to want this Way Of Life. This Decision is made more from our Hearts than our minds. We stopped fighting everyone and everything; we realized the fight was fixed.

We first Surrendered to the disease, and then we Surrendered to the Program of Narcotics Anonymous. We Surrender to Win; we walk over to the winning side. The initial Surrender in the First Step is what makes our Recovery possible.

Our Surrender is ongoing and renewed every day; there's no substitute for our Surrender. Knowledge and Willingness cannot replace Action. We must work the Steps or suffer the wrath of our disease.

Hope replaces desperation and Faith replaces fear. Faith manifests into other Spiritual Principles.

As we see the Program work in the Lives of others, we begin to see it evident in our Lives as well. As our Spirits Awaken, More is Revealed, our Path continues to light up, and we can go further. With members on both sides, we're able to stay in the center of the circle of our Program and not fall off. The God Of Our Understanding will manifest itself through others.

God works with numbers, one member helping another creating a link which acts as our life line. We've paid enough for our admission to stay.

Our only price is Surrender.

◆ IN THIS MOMENT ◆

We Surrender to Win, when we stop resisting, the process of Surrender begins. Have no fear; Our Higher Power will take care of us.

March 2

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Success was scary and unfamiliar.

— Gray Book, p. 25 (Chapter Three, Line 2)

As our disease progressed, our focus was in finding ways and the means to keep using. Our families took a backseat; we failed in our jobs and our ambitions. Our dreams and aspirations gave way to our drugs and that lifestyle.

We kept using despite the wreckage; our denial grew, and we accepted our demise. We had no success in life, and the drugs turned against us, we couldn't even use successfully. We sought help, or we were mandated for help in the areas of jails, psychiatry, religion and medication. All these methods failed for us; ours was a Spiritual problem, not a medical or moral one.

Arriving at Narcotics Anonymous, we were told that each day we didn't use was a Successful day. Finally, with the Help of N.A. and the Fellowship, we felt that we also can have a Successful day. Our fears were still dominating our thoughts and feelings.

We were waiting for the other shoe to drop off. Our doomsday feelings slowly changed, when we found a Power Greater than ourselves in the Second Step. We had a choice; we didn't have to use, if we turned our Will and Lives over to the Care of a Higher Power in the Third Step.

With each Step our Spirit Awakened, we were participating in our own Lives. We got better with the things around us, and we started to Grow. We changed from hopeless cases, to Hopeful members of N.A. and society as a whole.

With each day that comes our Hope is renewed. Success for us, means that we don't have to use, Just For Today.

It means that we have a Relationship with our new-found friends in N.A. We're Grateful that it's possible to have a Loving Relationship with the God of Our Own Understanding, friends and families. We no longer view the world as a hostile environment.

We become employable and/or self-supporting. We start to Care and Share this Gift with others. We do Recover and Surrender to the Principles of Narcotics Anonymous and the God Of Our Understanding.

◆ IN THIS MOMENT ◆

We are a Success in our own right. Each day that we don't use, we are a Success.

March 3

There will be times, however, when we really feel like getting off That is when we need the Fellowship most.

— Gray Book, p. 126 (Chapter Seven, Lines 3-6)

Our first Eleven Steps start with the word "We". It's a We Program, because we can't do it alone.

We suffer from a disease which its base is isolation. At the end of our road, we suffered from the horrors of addiction, and we hit our bottoms. Since the Ultimate Weapon against the disease is the Recovering addict, we need each other.

The We (s) stay clean, and the I (s) get high. Meeting attendance and Fellowshiping is the antidote for isolation. An addict alone is bad company, so we need each other.

We learn to depend on each other to save our Lives; Together We Can. We establish a Relationship with our Higher Power and Learn to have a Conscious Contact with that Power. In time of need when everyone else is unreachable, our Higher Power can be accessible.

We develop a support group and use the phone as a Tool. When we feel like using, picking up the phone and calling another Recovering addict will be a great Tool. We have to recognize when our Spiritual relapse has its beginning.

We apply the Tools we learn in Narcotics Anonymous and the Recovery process starts again. We call our Sponsors, We read the Literature, We Pray to the God of Our Understanding, and We attend Meetings. These are the Tools we apply on a daily basis to prevent isolation from setting in. We renew our Commitment to our Recovery, and it works, Just For Today.

◆ IN THIS MOMENT ◆

We can Recover Together, We will use the Fellowship and Our Higher Power and not isolate.

March 4

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When we take the action indicated in the steps, the result is a healing of our distorted personalities.

— Gray Book, p. 142 (Chapter Eight, Lines 16-18)

For many of us, drugs were the solution; we used drugs to mask our feelings. The drugs helped us survive our emotions. As we progressed in our addiction, we no longer were using drugs; the drugs were using us.

The more we used, the more we had to use, it was no longer a choice, the drugs were in control. We lost our Relationship with Reality, our Spirits went to sleep with each use. We had to use at all costs, despite the evidence of the wreckage we were creating.

We failed to see the harm we were causing to others, more than that, we failed to see the harm that we were causing to ourselves. Our Literature says, "We did many people great harm but most of all we harmed ourselves. Our character defects that were needed to keep using were actually causing harm to us at a deep level. We were no longer the people we were created to be.

As the disease progressed, it gained more and more territory. Who we really were had began to disappear.

Arriving at the doorstep of Narcotics Anonymous, we met a special group of people who, like us, visited the same horrors of addiction. Today they were Free and Shared with us a Solution that was Spiritual in nature. Through their Freedom we gained Hope.

We felt if they can do it, we could do it. First, there needs to be a demolition process, out with the old, in with the New.

We no longer needed our old survival skills. We found they were useless in this New Way Of Life. Working with a Sponsor and a Power Greater Than Ourselves, we use the Steps to make this transformation a reality.

Each and every Step resulted in the Awakening of our Spirits. We do Recover from a hopeless state. Together we build our new personalities with the Spiritual Principles of N.A.

◆ IN THIS MOMENT ◆

We can heal from the inside out, as we Surrender to the many possibilities, we are set Free.

March 5

Whenever a situation arises for us to admit our powerlessness, we first look for ways to exert power against it. Exhausting these ways, we begin sharing with others and find hope.

— Gray Book, p. 128 (Chapter Seven, Lines 12-15)

Our Literature says that, "We have never seen a person relapse who lives the Narcotics Anonymous program. However, our greatest stumbling blocks come from ourselves. When we Admit our powerlessness over our addiction in the First Step, we have to take into account that others around us may not have. Expectations of ourselves and others could have a bearing on our Serenity.

We will try countless times to exert control over others, or the outcomes of certain situations. After beating our heads against a wall, we Surrender. The reality is that though we in Narcotics Anonymous suffer from the same disease, we suffer at different levels of the disease and Recover at different levels.

The people outside the Program may not be aware of any Principles at all themselves. In this matter, we are powerless, but our Higher Power does have the Power, if we ask. We ask for Patience, Tolerance and Compassion, for ourselves as well as others. We also Share our expectations and disappointments with others.

We find that we might have been unrealistic in our thinking. We strive for Adequacy and not perfection. Being wrong keeps us Humble, because we have to ask for Help.

We are reminded that we are not really doing this by ourselves. Anonymity means that we don't take credit for our Recovery.

We are on this Journey with the God Of Our Understanding and others in and out of the Fellowship. We find Hope when others Share with us their experience. Once again we confirm that we're not unique, and we're not alone.

We once again feel whole, and part of a whole. The "S" in H.A.L.T.S. don't take yourself too Seriously becomes a Reality.

◆ IN THIS MOMENT ◆

We Surrender first, then we do God's Will for us, then we turn it over for the results.

March 6

For a time it was pleasurable, at least in the early stages of addiction.

— Gray Book, p. 37 (Step Three, Lines 17-18)

Early on drugs were pleasurable, otherwise why would we use them? The problem was that after a while the euphoria that drugs first gave us, that feeling that all is well, wore off. Drugs were just causing us more pain, but at this point, we couldn't stop. Drugs were now using us, they took us to places we've never been before, and made us do things we never would have done.

We were powerless over what the drugs did to us. Our life and our feelings also became unmanageable. As our disease progressed, we had to use more.

Nothing or no one could fill our void, we were in the grip of our disease. There was no way out, until we arrived at Narcotics Anonymous.

Here, through Practicing the Spiritual Principles of the Steps, we found a new euphoria. This one was Spiritual. Learning to Apply Spiritual Principles, we got what we always wanted, Peace of Mind.

We started to feel comfortable in our own skin. As we Live the Steps and Traditions, we gain Freedom from self, others, and the World at Large. We develop a Relationship with the God of Our Understanding, we Grow Spiritually, for once we feel Whole. Since relapse is also a process, we must continue to work on a Living Program.

We must continue to give away what was so Freely, given to us.

◆ IN THIS MOMENT ◆

We will find the euphoria we found in drugs, here in Narcotics Anonymous, through our newfound Spirituality.

March 7

We usually fall into the mode of the hero, and when this happens, our self-centeredness eats us alive and we can die.

— Gray Book, p. 56 (Step Ten, Lines 22-24)

Anonymity is one of the most important Spiritual Principles in Narcotics Anonymous. It's so Important that it is the Spiritual Foundation of all our Traditions. It's also one of the first Principles we experience when we first arrive to Narcotics Anonymous and when we first start working Steps.

From the beginning we Learn that there are no bosses, no big I (s) or little you (s). Our only requirement for membership is a desire to stop using.

All the Steps have WE in it, reminding us that We don't do it alone. Taking Daily Inventory shows us our Assets and liabilities. The Steps keep us in a Humble state because we're constantly asking for Help from our Sponsors, the Fellowship, and our Higher Power.

Recovery in Narcotics Anonymous is not about feeling good, at one point the drugs did that for us. One of our members wrote, "What I think and how I feel doesn't define my Recovery, most often that defines my disease. What I do, taking Positive Action, Practicing Spiritual Principles to the best of my ability is what defines my Recovery " Ego tells us we don't have an ego, so we have to be careful about falling into traps and pitfalls that are not conducive to our Recovery. Focusing on self after a while, has to be replaced with getting out of self, by working with others.

Selfless Service means just that, we serve without any recognition or material reward. We keep what we have by giving it away.

We give away what was so Freely and Lovingly, given to us. Our Gray Book says, "All glory to God as we understand Him is our attitude here. " " remember that God, not us, is responsible for our change. "

◆ IN THIS MOMENT ◆

We remember to give credit where credit is due, we can't forget that we are alive today, only because of God's Grace.

March 8

They have kept us from situations we couldn't handle before we found the program and a source of power.

— Gray Book, p. 46 (Step Six, Lines 29-31)

Defects have been called the tools of the disease. From our self-centered fear stemmed most of our character defects.

We needed these defects to continue our using. We were always afraid of losing something we had, or afraid of not getting something we wanted.

Fear seemed to always dominate our lives. Coming to Narcotics Anonymous, we were Offered a New Way Of Living. This Way Of Life Offers Abstinence, it offers Freedom from obsession and a New Way To Live.

The Steps Free us from the drugs, then it Frees us from the self-imposed prisons that we created for ourselves. The Hope we received, resulted in Faith in a Power Greater Than Ourselves. Our fears lessened as we Trusted our thinking and Actions to this Power.

As our Faith increased, we began to Trust the Spiritual Principles. Practicing the Principles resulted in Growth. Practicing defects resulted in pain and no Growth.

These old tools are no longer needed in Recovery. Today we have a Fellowship, a Program, and a God Of Our Own Understanding, to Guide and Protect us from us. Some defects are human traits gone astray, being human we will act out on a defect, that's when it becomes a shortcoming. That's when we need our Higher Power to give us the Strength to act according to His Will.

We use the Spiritual Tool Kit we were given, and our defects get minimized. Getting Glimpses of what we could become without our defects, gives us Hope. We go on and ask God to help us with our shortcomings.

◆ IN THIS MOMENT ◆

We'll strive for Adequacy and not perfection, we will Trust the Process and allow it to work.

March 9

Everyone has situations; we have tended to make them problems, like making a mountain out of a mole hill.

— Gray Book, p. 138 (Chapter Eight, Lines 12-14)

They say that addicts can climb mountains, but trip over pebbles. In our using lives we were dominated by fear, partially because of the results of our actions. We lived exaggerated lives, and we couldn't live life without mentally escaping.

Our coping skills were never developed after we had started using, so everything became a big deal. In our active addiction we accomplished difficult tasks just to keep using. It was the simple day to day living that we had trouble with, so we used more drugs.

In our Recovery we Learned about powerlessness. We were told not to project and stay In The Moment. We Learned to Trust our Higher Power to not give us more than we could handle.

As Recovering addicts, it's the little things that we feel we can control that causes us fear and uncertainty. It's the big stuff in our Lives that we know we are powerless over that we don't worry about, so we Let Go. It's the small stuff, the pebbles in our Lives, where our Faith lacks. That's because we thought we were in control in the first place.

In Narcotics Anonymous we Surrender everything to God, not just certain parts of our Lives. We Live Just For Today.

The Basic Text says, "When we stop living in the here and now, our problems become magnified unreasonably." That's why we need each other. We learn to do the next right thing.

We leave the results to the God of Our Understanding.

◆ IN THIS MOMENT ◆

We will Trust our Higher Power with the big stuff, as well as the small stuff in our Lives.

March 10

They are our solutions. They have become our survival kit, for addiction is a deadly disease.

— Gray Book, p. 30 (Chapter Four, Lines 15-16)

Our Literature says, " that working the steps is our best guarantee against a relapse. " Abstinence for us is Life saving, but the only way, for us, to treat the disease of addiction is through working the Steps. Recovery in Narcotics Anonymous must be progressive because the disease of addiction is progressive. We're Granted a Daily Reprieve from having to use drugs.

Our disease not only has to be arrested, but it also must be treated, otherwise, we will return to active use. Our Steps are the Solution.

The First Step in Narcotics Anonymous does not solely focus on the symptom, which for us, are the drugs. It focuses on the actual disease.

We're not addicts because we use drugs, we use drugs because we're addicts. We arrest the disease in the First Step, then we relieve the obsession to use, which is the mental part of the disease in the Second Step. We find a God of Our Understanding in the Third Step, which makes it possible for us to change and start to Recover. The rest of the Steps transform us from hopeless and suffering people, to Hopeful and Useful people.

The Steps of Narcotics Anonymous are our Solution to a condition that left us in a devastating and deadly state. We finally can Live Happy, Joyous and Free, with ourselves and others. We can develop a Relationship with others and the God Of Our Understanding.

Through the Steps we can clean up the wreckage of our past, we can find a New Way To Live, and our futures can be different. We share these Steps with other suffering addicts and with the World at Large.

◆ IN THIS MOMENT ◆

*We will utilize the tools laid before us. We will not forget that our disease is progressive and fatal.
Our Steps are our only Solution.*

March 11

It will not make better persons to judge the faults of another.

— Gray Book, p. 51 (Step Eight, Lines 12-13)

We often hear that we need to clean our side of the street and not judge others. Our Inventory we make, is of ourselves.

We see where we have been at fault, not where others harmed us. We find that we are usually at fault, even when we were hurt by others. Our addiction had put us in situations that we were in position of getting hurt by others.

We were at fault for being there, and most likely we were there because of addiction/drugs. If we're not the problem, there's no Solution.

It starts and ends with us, this is our Recovery and our Journey. Although we're not Responsible for our disease, we are Accountable. We must be willing to make Amends where ever we fell short.

The Eighth Step relieves us of guilt, and it enables us to have Compassion and Forgiveness for others; as We and our Higher Power have for us. Our Literature tells us that, "This Step is a good test of our new found humility " We must stay Humble to continue on this Journey. The searching for people we have harmed is a difficult task, and we must ask for Help from our Sponsors and from the God of Our Understanding. Our Gray Book tells us, "We had to feel better internally before we could even bear to think about whom we had harmed and how we had harmed them, and exactly what was the way we perceived ourselves. " Our personalities Heal, because we see the actual damage we did to ourselves.

In Forgiving ourselves, we also Forgive others.

◆ IN THIS MOMENT ◆

We will have the same Compassion and Patience we have with ourselves, with others.

March 12

Many times in our recovery the old bugaboos will haunt us. Life may again become meaningless, monotonous and boring.

— Gray Book, p. 119 (Chapter Seven, Header 2nd Line)

We hear over and over that it's a repetitious Program. Sometimes it can seem almost like a ritual, doing the same thing every day to get another day Clean. Living moment to moment, we can see that each day is different, filled with its own challenges, Growth and Blessings.

It's the Journey and not the destination that we focus on. As addicts, we are given a second chance at Life.

With Gratitude is how we keep moving forward. Our Gray Book says, "If we allow ourselves to stagnate and cling to our old ways of desperation and fear, our chances of a real and lasting recovery decrease " So, we treat each day new, and we renew our Commitment to our Recovery Daily. We tap into our Higher Power every day. We ask this Power to Guide us in our Attitudes and Actions.

With each Principle we Practice, our Spirits are refreshed. This Conscious Contact gives us the Power to carry out God's Will for us Life takes on a new meaning, and we see our purpose. We become part of the whole, and we no longer feel isolated and alone.

Our Hearts open like a flower in the sun, and we continue in the Recovery Process.

Just For Today, we are new again.

◆ IN THIS MOMENT ◆

We will be Grateful for our Recovery. We Thank the God of Our Understanding for the Strength we need to continue on this Journey.

March 13

We have found that trying to help another addict is good for us whether the addict we try to help uses what we have to offer or not.

— Gray Book, p. 19 (Chapter Two, Lines 27-29)

Our Twelfth Step and our Fifth Tradition tell us that we Carry the Message to the addict who still suffers. An addict that is still using, most of the time, is not going to want what we have to offer. Our Basic Text tells us, "They can be analyzed, counseled, reasoned with, prayed over, threatened, beaten, locked up, or whatever, but they will not stop until they want to stop. " What we do is Carry the Message that saved our Lives, and Hopefully that will fan the flames of desire for that suffering addict. Carrying our Message and Helping others, reinforces our Program, and we get to stay Clean another day.

We don't get to choose who we Carry the Message to, we Carry the Message and God delivers it. We are seed planters, one of our Founding Members used to say. We don't know the season that the seed will Grow.

We Carry the Message without any rewards or expectations. Sometimes God will put people in our Lives without our choosing or permission; we may not even want to work with that person, but they keep calling us and want something from us.

It is not always convenient or even pleasurable for us to work with certain people. Guess what, maybe it was God's Will for them, for us to be there. It's not about us; it's about God's Will for us or God's Will for that person. We are strictly instruments and vessels that the Higher Power uses to Help others.

That's our main purpose, to stay Clean and Carry the N.A. . Message of Recovery. Working with others seem to work also as an antidote to diseased thinking.

With each Spiritual Awakening we keep the disease from claiming footage in our Lives. It's a WE Program.

◆ IN THIS MOMENT ◆

We Carry the Message and God delivers it. We don't choose who it's delivered to. We just Carry it.

March 14

We examine in depth our relationships with people, places and situations asking ourselves what we have demanded of these relationships.

— Gray Book, p. 42 (Step Four, Lines 26-28)

Most of the time when we think about the Fourth Step, we think of our relationships with people. People are definitely a major part of our Fourth Step. We also have to inventory our relationship with places and things.

Some places we might want to include are, churches, schools, military, hospitals, and any other community structures and services. Have we acted out toward these places? Did we forge paperwork to get services we didn't need or qualify for? Have we stolen property from anyone of these places, or cause structural or any other kind of damage? Things that we might owe amends to can also be in forms of ideas. Have we created resentments with religious beliefs? Have we rebelled against society and therefore become a menace? Although some of these harms seem invisible to the eyes of those things, it did have an effect on our thinking, attitudes and behaviors.

Our Literature tells us that most of all we harmed ourselves. In our active addiction we demanded to be served or catered to, by services that are really a privilege, rather than a right to have. Having the privilege to obtain a driver's license seems to be a common example of this right to entitlement, when it's really a Privilege. Resenting places because we were not hired or got fired by the establishment.

Many of us held resentments against colleges and the military, and spoke against these places, when asked what we thought about them. One of our greatest resentments seem to be with God; this affected us the most. We need a Higher Power to Recover, and if we don't establish a relationship with one, we are surely doomed.

We must go deep in our search.

◆ IN THIS MOMENT ◆

We will, with the Help of our Sponsors, N.A. and God, go in-depth in our inventories.

March 15

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The Fellowship, after a meeting, is a good opportunity to share things we didn't get to discuss at the meeting.

— Gray Book, p. 148 (Chapter Nine, Lines 14-15)

"Come early, stay late" was one of the sayings we first heard. It was suggested that we join the 20/20 club. That meant to come twenty minutes before the meeting starts and stay twenty minutes after the meeting ends. How about those late-night meetings at the diner, until the wee hours in the morning.

As we think back to our beginnings, we can recall that they were some of the most revealing moments in our Recovery. We got to discuss some high points of the meeting, sometimes we asked questions about things we didn't understand. Some of us even got the opportunity to choose a Sponsor, as we saw how some members interacted in public. Some of us were embarrassed because another member offered to buy us food.

We didn't want to admit we didn't have money. We shared jokes and were able to laugh at ourselves.

Sometimes there were functions and N.A. events that forced us to socialize with one another, without the safety and structure of the meeting. These were opportunities for us to get out of isolation and learn how to interact with each other without the use of drugs. We were Accepted by those who, like us, experienced the same thing when they were new. We felt welcome, perhaps, for the first time we felt unconditional love.

The members that have been around before us, didn't want anything from us, and that felt strange. We began to feel the WE of the Program, the Fellowship part. Our walls began to fall, we began to feel Accepted, we began to feel Loved.

In Narcotics Anonymous we will Love you, until you learn to Love yourself. Our diversity gives us the Opportunity to come in contact with people that we wouldn't necessarily have gotten high with.

For the first time in a long time, we didn't feel alone.

◆ IN THIS MOMENT ◆

We will arrive 20 minutes before the meeting and stay 20 minutes after the meeting and become part of the 20/20 club.

March 16

We take the Fourth Step to gain the necessary strength and insight to enable us to grow in this new way of life.

— Gray Book, p. 40-41 (Step Four, Lines 29-1)

For many of us taking the Fourth Step was frightening, we feared what we might have to find out about ourselves. This Step mentions a fearless inventory, not a fearful one. That was the purpose of the first Three Steps; to gain the Faith that the Higher Power we met in those Steps would be with us now, and Guide us in this endeavor. The word moral confused many of us.

We thought surely there would be nothing moral about our characters in our using past. This is not a question of us being good or bad; it's a question of behavior patterns that no longer are useful in this Way of Life. There are also qualities we wish to enhance because no one of us is all good or all bad.

Like the grocer our Literature mentions, separating the rotten fruit from the good fruit and throwing out the bad fruit. Our bad fruits were the result of nonspiritual principles we needed for active addiction. They were our survival skills, and many of them saved our Lives, for that moment. In Narcotics Anonymous we are doing more than existing and surviving.

We are finally Living a life beyond our wildest dreams. Part of this process is us looking at ourselves with a Recovery mirror. We look at ourselves with Compassion and Understanding.

We learn how to separate ourselves from our diseased self. We start to become Accountable in this Step; we look at our side of the street and pick up the broom.

We write our resentments, our fears and misconduct. We write how these defects affected us; and those around us. We write about the time before we used drugs, and about the people we were; and would have become, if it weren't for the progression of the disease.

The information that's revealed to us in this Step prepares us for the following Steps. We start to Awaken to a Life filled with New Possibilities.

◆ IN THIS MOMENT ◆

We will view the Fourth Step as an Act of Love, not an act of fear.

March 17

It is not shameful to relapse. The real shame is in not coming back.

— Gray Book, p. 130 (Chapter Seven, Lines 32-33)

Relapse is not part of Recovery; it's a lack of it. Our Literature tells us that relapse is never an accident, but it is a reality, and it does happen. Relapse is a result of not working our Program, or being complacent after long periods of Abstinence.

Our Basic Text says, "If we remain complacent for long, the recovery process ceases." By not working the Program, we are actually reserving a place for the relapse process to begin. At any given day we are walking toward a drug or away from it. It's our actions that determine whether we are arresting our disease, or arresting our Recovery.

We suffer from a fatal, progressive disease, from which there is no known cure. Our Literature also says that, "We have never seen a person who lives the Narcotics Anonymous Program relapse.' The last thing we do in the relapse process is use drugs. We can actually safeguard against the relapse process by recognizing its beginning.

Spiritually we stop asking our Higher Power for Guidance and Strength. We stop Praying and Meditating as much.

We begin to dislike the other humans around us. We begin to lose Patience and Tolerance in our everyday activities.

We then start reacting instead of acting. Meanwhile, our meeting attendance lessens. We start disliking ourselves and operate on our own self-will, our Hope starts to leave us, and we question our powerlessness.

Some of us are lucky to return; some of us die in active addiction. Our Literature says that we should return as soon as possible, otherwise we can be gone beyond recall. Our egos tell us we should be ashamed, and we would be criticized or judged if we come back.

Those of us that are lucky enough to come back, show a Courage that's not of our own.

◆ IN THIS MOMENT ◆

We will continue in the Recovery process; we will stay, so we don't have to come back.

March 18

As we went to meetings regularly, we also learned the basic value of talking to other addicts who shared our problems and goals.

— Gray Book, p. 79 (Chapter Five, Lines 30-32)

Our Literature states that the Ultimate Weapon for Recovery is the Recovering addict. There's therapeutic value in one addict Helping another, both benefit from Sharing with each other. Going to meetings really works, that's where Recovery happens.

We Carry Our Message, when we Share our problems and the Solution. Attending meetings is our Physical act of Surrender. Sharing our Recovery with other members, enforces ours even more.

Our Higher Power manifests itself as we tap into this Power at the meetings. Meeting Makers Make It, only if they Apply what they hear at the meetings. We have to continue taking the suggestions, no matter how long we've been coming around.

Two things happen in meetings, someone Carries the Message and someone Listens to the Message. We never know where that Message is going to come from. We have to be Physically, Mentally and Spiritually present for Recovery to happen.

Since one addict Helping another is without parallel, there are no exterior motives when we Share or ask for Help. When it comes to our stories, there's nothing new under the sun. Somewhere, somehow, someone has gone through what we're going through, and they can share how they remain Clean and felt Hope. In turn, we Help others when we have been through what they're going through.

We offer what worked for us and we Share Hope. We first have to remember, if we are not the problem, there is no Solution.

Making meetings is our First Step.

◆ IN THIS MOMENT ◆

We will Surrender Physically by going to meetings. We will not only share our problems, but also our Solutions.

March 19

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Our experience is that those who begin sharing innermost feelings, emotions and thoughts with other recovering addicts, rather than giving a drug history, tend to make more rapid growth.

— Gray Book, p. 68 (Step Twelve, Lines 18-21)

Learn to Listen, Listen to Learn, that was a saying we used to hear, when we first came in. That basically meant to stay quiet and listen, or we were told to take the cotton out of our ears and put it in our mouths. That was another way of saying to listen to the message of Recovery in Narcotics Anonymous. It was suggested to Identify and not compare with people's stories.

Narcotics Anonymous is a Recovery Program, not a drug program. Our main problem is the disease of addiction.

Drugs were just the symptom; it was just ten percent of the real problem. The tip of the iceberg as some would say. So our Solution has to be a deep Spiritual Resolution, take away the drugs and you still have untreated addiction.

We share with each other our innermost selves. We Share about our feelings, emotions, thoughts, fears, and our Hopes. We focus on the Solution, which is Recovery and not our war stories, which is the problem.

We Share the message of Hope and the promise of Freedom. This allows the Process of Identification and Empathy to begin in others. This is of therapeutic value, when we see the up and down nods of other members heads, and it wasn't the drugs, LOL.

This sign of approval and Identification is a form of Acceptance; we finally felt at home. For the first time in a long time, we are part of something Whole. Our Spirits are moved and begin to Awaken; this happens at a subconscious level.

We tap into a Power Greater Than Ourselves, and our obsessions about using are removed or at least subsided. Either way, we lose the desire to use and find a New Way of Life without the use of drugs. We experience our Message, and this is what we Share.

We share the Message, not the mess. That's one of the strange paradoxes in our Program; we have to give what was Freely given to us, in order to keep it. We now know that our pain of our using is used as a Stepping Stone to our Spirituality.

◆ IN THIS MOMENT ◆

We share the ten percent, for Identification purposes. We share the Hope, for Recovery purposes.

March 20

We had no trouble admitting that addiction had become a destructive power greater than ourselves.

— Gray Book, p. 35 (Step Two, Lines 34-35)

By the time most of us arrived at Narcotics Anonymous, we were helpless and hopeless; there was very little that we believed in. What we believed in only caused us more hopelessness. We had little trouble believing that some force of destruction was in control of our lives.

Clearing up a little, we saw the trail of wreckage we were leaving behind, while using drugs. Deep down inside we suspected we weren't the people we once were, or taught to be, by our parents or guardians. We finally saw the ugly side of addiction, and we wanted out.

The first thing we had to do was stop using drugs. At this point we were left with the pain of living without drugs. Our Second Step tells us that this pain forces us to seek a Power Greater Than Ourselves, to help us with our obsession to use.

Some of us knew that if there was a destructive power, there had to be a constructive one. With an Open Mind we were Willing to do whatever it took to seek this relief. It was the Process Of Coming To Believe, that restored us to Sanity from the obsession to use drugs.

It was the actions we took; making meetings, talking to other members after the meeting, reading the Literature, joining a Home Group, and asking someone to be our Sponsor to Guide us through the Steps. We took a Commitment in the form of service. This process leads us to tap into this Power Greater Than Ourselves. This is the process we use to fill the void the drugs left behind.

We will need this Power to start on this Road of Recovery. We can call on this Power for Strength and Hope.

Our actions produce Faith and Faith becomes the turning point of our Lives.

◆ IN THIS MOMENT ◆

We will remain open to a Loving, Caring and Constructive Power, that makes our Recovery possible.

March 21

Our addiction involved more than drug use. It aggravated our character defects and reinforced personality disorders.

— Gray Book, p. 5 (Chapter One, Lines 3-4)

Our Basic Text tells us that our disease involves much more than using. The using of drugs was just the symptom of a much deeper problem. The disease of addiction is a Soul and Spiritual malady that shapes and twists our character, attitudes and behaviors.

We use to Live and Live to use. Our whole mind, soul and being was centered in drugs, in one form or another.

This lifestyle forced our natural instincts to go astray. Our assets became defects. Our defects became the tools of our disease, they saved our lives, and we needed them to continue using.

Now in this Way Of Life, in Narcotics Anonymous, these tools are useless, they don't work in this New Way Of Life. Our defects of character are causing us more pain in Recovery, and we no longer have the drugs to medicate. We reach a point where we couldn't live without the use of drugs either.

The Steps are designed for the transformation necessary to continue to Live Clean and Serene. This transformation of our Personalities, Mind and Spirit will be responsible for our Spiritual Awakening. We need to continue working the Program long after Abstinence, if we are to continue to Recover and remain drug free.

We have a whole Fellowship to Help us on this Journey. We have a Higher Power, which makes all this possible.

◆ IN THIS MOMENT ◆

We will do more than just Abstain from drugs, we will work on the Spiritual Awakening that results in working and Living the Steps.

March 22

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In our addictions, we were dependent on people, places and things. We looked to them to support us and to supply the things we found lacking in ourselves.

— Gray Book, p. 106 (Tradition Seven, Lines 16-18)

As using addicts most of us were very selfish and self-centered, we looked for ways to continue our usage. We weren't Self-supporting when we used, we stole from others to support our habits, we robbed people of their time and needs. Some things were irreplaceable. We did many people great harm; we were always looking for hand outs.

Even though we were isolated, the disease affected those around us. In Narcotics Anonymous we learn to stand on our own two feet, first as a Group, as a Fellowship, and finally on our own. Our Steps and Traditions teach us to contribute and Help others, in turn we Help ourselves.

As a Fellowship, we are no longer a strain on society. As individuals, we become Productive Members of that society. We become givers and not takers, our actions are our Amends.

We not only resolute and restore our past transgressions, we also resolve them. We Live a different way today, we regard others first, then we regard ourselves. We are finally Self-supporting through our own contributions.

As a Fellowship being Self-supporting means we are no longer using people, places and things. We are under no one's and other's control because we're not asking for anything from them. Our motives stem from Love and Compassion.

We are part of something Whole; our apathy becomes Empathy as we identify with others. We give of ourselves without reward or recognition. Most importantly we don't take credit for it.

Our Spiritual Foundation Of Anonymity becomes our goal and Way Of Life. We now give of what we have in order to keep it.

Addiction is a contradiction to Living. In Narcotics Anonymous we Practice to Live and to Let Live.

◆ IN THIS MOMENT ◆

We will depend on our Higher Power to supply us with everything we need.

March 23

We have to learn to maintain our new lives on a spiritually sound basis to insure our continued growth and recovery.

— Gray Book, p. 58 (Step Eleven, Lines 28-30)

Our Program is a twenty-four hour Program, that means we are Granted a Daily Reprieve from our self-imposed life sentences, if we work the Steps and maintain Abstinence. Our Basic Text says that, "Recovery is an active change of our ideas and attitudes. " This Process involves action, and an unlearning of our former lifestyle. Since we're powerless over our addiction, we need a Power stronger than the disease of addiction.

We suffer from a Spiritual disease, so our Solution has to be Spiritual as well. In Narcotics Anonymous we are given a set of tools that Helps us negotiate the Path of Recovery. We are given a Fellowship, so we won't have to be alone.

We are given a design for Living, with Steps and Traditions as a Blueprint and direction. Our Literature says that, " no addict who has completely surrendered to this program has ever failed to find recovery " Our level of Surrender is measured by our Willingness to take action, but Willingness without action doesn't get us anywhere.

Hope without action, turns to despair and the relapse process begins. We are Responsible for our Recovery and continued Growth.

Recovery is an Uphill Journey, so we have to keep moving forward. Even if we're on the right track, we can still get run over because there's always another train coming. This is a We Program; we don't do this alone, and we only have to do it Just For Today. "Today, secure in the Love of the Fellowship, we can finally look another human being in the eye and be grateful for who we are. "

◆ IN THIS MOMENT ◆

We are given a set of Spiritual Principles, so simple that we can Practice them in our Daily Lives.

March 24

that we, too could find meaning and purpose in life, and that we could be rescued from insanity, depravity and death.

— Gray Book, p. 33 (Step One, Lines 31-33)

Our Message of Hope and the Promise of Freedom can only be described as a Divine Gift. Most of us suffered from the horrors of addiction before coming to Narcotics Anonymous. Our Basic Text tells us that we must Surrender to the disease of addiction because, "the fight is fixed." We then, Surrender to the Principles of Narcotics Anonymous, this is our only Solution.

In the past some of us thought we can stop on our own, despite all the evidence to the contrary, denial, substitution, rationalization, dereliction, degradation and isolation. These are just a few results of our addiction; it's also progressive, incurable and fatal. However, there is Hope, after arriving in N.A. We join others, who like us, suffered from these horrors that our Spirits visited.

N.A. offers us Freedom from active addiction and a New Way to Live, without the use of any drugs. Our replacement and Solution for this disease are the Spiritually Based Twelve Steps and Traditions of Narcotics Anonymous.

These Spiritual Principles make the transformation of the Heart, Body, Mind and Spirit possible. Yes, We Do Recover each day from that hopeless state.

We Share this Gift with all that seek it, our Journey starts with Total Abstinence and Unconditional Surrender.

◆ IN THIS MOMENT ◆

We know that we too can Recover, and Live Happy, Joyous and Free, through Narcotics Anonymous.

March 25

God consciousness fills the empty place inside that nothing ever could before.

— Gray Book, p. 145 (Chapter Nine, Lines 19-20)

Our Second Step reminds us that only a Power Greater Than Ourselves, can fill the void left by the drugs. Drugs were our solution for a time, after the drugs stopped working, we were left with even a bigger void. We tried desperately to fill that void with people, places, things and even more drugs.

Everything we tried failed us, some served as a temporary relief, but soon our desperation returned. In Narcotics Anonymous we learned that what we had, was a God shaped void. The only thing that could fill this God shaped void, was The God Of Our Understanding.

Our complete Surrender must be followed by our Reliance on this Power. As our Faith increases we begin to feel our Higher Power's Presence in our Lives and Hopefully in everything we do. Our Awareness turns to God Consciousness as we have that Conscious Contact with this Power.

We develop Trust through our Willingness as we work the Steps with our Sponsors. With each Awakening as a result of the Steps and Traditions, we Share this Gift with others, in order to keep it.

◆ IN THIS MOMENT ◆

We will develop God Consciousness, by practicing Constant Conscious Contact with that Higher Power.

March 26

All too many times, doctors who meant well, but did not know of our disease, enabled our addictions.

— Gray Book, p. 10 (Chapter One, Lines 13-14)

Step One reminds us that, " we've tried countless other remedies--counselors, psychiatrists, hospitals, lovers, new towns, new jobs--everything we tried, failed." Ours is a Spiritual disease and since you can't treat a Spiritual disease with medicine, doctors can't help us with our Recovery. In fact, one of the most dangerous places for an addict to visit, is a doctor's office. Today's doctors take a ten-hour course in the disease of addiction. On the other hand, we have years of experience in the disease, and now we also have years of experience in the Solution.

We are experts in our own Recovery. The Twelve Steps of Narcotics Anonymous are Spiritually Based; they are our Solution to the torturous existence in active addiction.

For some of us, Narcotics Anonymous was the last thing we tried, and the first thing that worked. This was the last house on the block for most of us. Abstinence from all drugs in order to Recover is a Principle Cornerstone of our Program; it's part of our Message.

Clean Time is what we celebrate in our N.A. Birthday Celebrations, Recovery on the other hand can't be easily measured. We arrest the disease and Recovery is then possible.

Ours is a Daily Reprieve, and that depends on our Spiritual Maintenance. Our Literature tells us that we " must abstain from all drugs in order to Recover. " We cannot Recover if our minds and bodies are clouded with drugs.

Substituting one drug for another, releases our addiction all over again. Our Recovery is our Responsibility, not the doctors.

Although we have no opinions on outside issues, Clean Time in Narcotics Anonymous is an inside issue. We respect professionals and what they do, and our Traditions protect us in what we do.

◆ IN THIS MOMENT ◆

We're Responsible for our own Recovery; we leave medicine to the doctors and Recovery to Narcotics Anonymous.

March 27

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No one judges, stereotypes, or moralizes us.

— Gray Book, p. 20 (Chapter Two, Line 23)

What a Blessing that we can walk into a Narcotics Anonymous meeting and no one will judge us. According to our Third Tradition, "The choice of membership rests with the individual." We are free to come and go as we please.

Some of us came to our first meeting, tore up, from the feet up. We were Accepted the way we were, we were asked to keep coming back.

With this reception most of us kept coming back. Coming back saved our Lives, we no longer felt alone, our isolation was coming to an end. After some time being Abstinent and working Steps, we noticed we might not feel as welcome as we once did; people got to know us and maybe our inventory was being taken. The same people that clapped and told us to keep coming back, were now judging and moralizing us.

It doesn't matter how long we have been coming around, we all need to be Celebrated, not tolerated. Our Traditions protect us from each other, but some may not Live by Spiritual Principles. Although we're powerless over other's actions, we're not powerless over ours.

We can continue to Greet each other like it's the first time we've met. We could show Compassion even if we don't feel it. We can do our part, we could continue if we choose to, hugging the members that we feel don't like us.

Judging someone's defects is a defect, it's called self-righteousness. One of the Principles of our Third Tradition can be Equality; we all have a right to Recover. Practicing Principles before Personalities keep judgments from happening.

Living the Steps and incorporating the Principles of our Traditions will serve as the Resolution. We have to start with self, if we're not the problem, there is no Solution.

◆ IN THIS MOMENT ◆

We can do our part in Welcoming and continue to Welcome members. Every time we see them, we will act like it's our first time meeting them.

March 28

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Step Four helps us see exactly what our problems are and shows us our strengths.

— Gray Book, p. 40 (Step Four, Lines 12-13)

We addicts are negative by nature; this is a result of our self-destructive wills in action. We lived in the disease; our actions were a high risk act, with no safety net. When we fell, we fell hard.

Living in this insanity leaves no Hope for Solutions. We became alienated and demoralized.

When we took the Fourth Step, we were asked to take a Fearless and Moral Inventory. Many of us thought "There's nothing moral about my Inventory!" We reviewed our first Three Steps with our Sponsors. We Prayed and Meditated to our Higher Power.

The results were that our Faith Helped us separate ourselves from the disease. We did have morals and values that were instilled in us, when we were children. We were born with the Purity of Spirit; our quest now is to see how and why our Spirits closed and eventually went to sleep. We Face, Trace, Erase, Replace and Embrace in our Recovery Process.

The self-appraisal in the Fourth Step is the Erase Process. In Step One we Face it.

Steps Two and Three we Trace it. Step Four we Erase it. Steps Five through Seven we Replace it and Steps Eight through Twelve we Embrace it.

Each Step cannot work without the other, and none can work without the God Of Our Understanding and the Fellowship of Narcotics Anonymous. The defects were our survival skills in active addiction; they are no longer effective in our New Way Of Life. Pretty much like that grocer who separates the rotten fruit from the good fruit, we also separate what's useless in our New Lives. Step Four shows us our Assets, so we can develop them and use them to improve the Quality of our Relationships with God, Ourselves and Others. Remove and Replace are our tasks.

We gain Courage and Faith from taking the previous Steps.

◆ IN THIS MOMENT ◆

We will look at the Fruits of this Step, then we will apply the Tools to get the Fruits.

March 29

Our outlooks are so limited we can only see our immediate wants and needs through a loving God.

— Gray Book, p. 58 (Step Eleven, Lines 20-21)

When we first arrive into Narcotics Anonymous our yeses should have been noes and our noes should have been yeses. Our will for us is usually the exact opposite of God's Will for us. We fear if we turn our Will's and Lives Over to the Care of a God Of Our Understanding, we will miss out on something.

Some of us don't want to give up some behaviors and defects; like smoking, lusting, stealing and misusing our sex powers. As we Live the Program we start to Change, we start to take Care of ourselves. We want to be Guided by Spiritual Principles; we want to be Healthy.

We want to have a job, pay bills, be Responsible, and we don't want to spend our Lives by ourselves without a mate. Some of us want to start a family. As we Grow in this Program, we soon realize that the very things we want for ourselves, God also wants for us.

Finally, we see that God's Will for us, becomes our will for ourselves. This Growth happens when we work for it, there's pain and Sacrifice in our Surrender. The Gift in Living by Spiritual Principles is so rewarding it cannot be measured, we get Glimpses of a Life Free of some of these defects.

This gives us Hope, and we learn to Let Go and Let God. We become a Vision of Hope to others.

◆ IN THIS MOMENT ◆

We let go of our limited vision of our Lives, we Learn to Trust The God Of Our Understanding to take Care of us.

March 30

Gradually, as we become more and more God-centered than self centered, our despair turns to hope.

— Gray Book, p. 147 (Chapter Nine, Lines 4-5)

Self-centeredness seems to be at the center of our disease, with self-centered fear at its core. For many of us fear is the chief activator of all defects, and it disguises itself in many forms. From it stems all forms and manifestations of the disease.

Our whole life in active addiction was based in fear, and the results were always negative and painful, for us and others. Our Third Step treats the self-centeredness, which is the third Spiritual fold of our disease. A Spiritual problem requires a Spiritual Solution.

As we work the Program and Steps of Narcotics Anonymous our Spirits Awaken. We become more Aware of our surroundings and the World around us. We find that we're not the center of the universe, and our actions affect others, and the World around us.

Our hopelessness turns to Hopefulness, we are no longer numb from the drugs. We start to feel everything, that's the good news and the bad news. Our Awareness opens the door to a Power Greater Than Ourselves, that can Help us in our Recovery.

We become part of a Whole; the "I" becomes "WE", and it's the end of our isolation. We travel this Journey with others side by side. The God Of Our Understanding becomes our navigator; we're no longer alone.

We have Surrendered to the disease, now we Surrender to Narcotics Anonymous and its Principles. One of our predecessors said, Spirituality is the right Relationship with Reality. As we continue being more God-centered, we become less self-centered.

Our Spiritual Awakening becomes progressive. We Practice these Principles in all our affairs, in our everyday activities, with all people.

◆ IN THIS MOMENT ◆

We will get out of self by working with others, our Rewards will be of a Spiritual Nature.

March 31

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Through the freedom in our new lives we are finally able to see the special qualities that we possess as individuals

— Gray Book, p. 161 (Chapter Ten, Lines 2-4)

Our Fifth Step tells us, "The masks have to go. " Living in active addiction we were always trying to hide the people we were. We didn't like ourselves, that's a big reason we used. Every time we got loaded, was to get out of ourselves.

Drugs made it bearable to live in our own skins. However, when the euphoria of using wore off, we didn't like who we had become either, so we used some more. At the end, we felt that we couldn't live anymore with the drugs.

After arriving at Narcotics Anonymous and cleaning up, the greater aspect was that we couldn't live without the drugs either. Some of us went back to using, to the bitter ends, jails, institutions, and death. Some of us stood and found a New Way to Live.

In Narcotics Anonymous the only thing we have to change is everything. Working the Steps has been described as the peeling of an onion, layer by layer.

Even though there's a lot of tears, there's also a lot of growth. At the core of the onion is where our true Spirits resides. Our Journey in Recovery is to go back, through our inventories and recapture ourselves before our Spirits went to sleep.

With the help of God, Steps, Traditions and the Fellowship our Spirits Awaken, and we are Nurtured. We are Loved, until we learn to Love ourselves. First, we have to unlearn who we think we are, and become who we really are.

We find that the True value is in being ourselves. Self-Acceptance is a process, and part of that process is also Accepting what we are lacking.

We capitalize on our Assets and Share these with others. We also acknowledged our liabilities and Share those with God. As we learn to Accept and Love ourselves, we learn to Accept and Love others.

◆ IN THIS MOMENT ◆

With the Help of our Higher Power and N.A., We will be the best that We can be. We will learn to Share our True selves with others.

April 1

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We became very dependent on people to carry us emotionally through life. We were always left disappointed and hurt when they had other interests, other friends and loved ones.

— Gray Book, p. 2 (Chapter One, Lines 12-15)

Most addicts could not hit bottom as long as their enablers kept enabling them to use. Just like the Pirate who carefully and patiently builds the model of a ship inside a bottle, we addicts carefully and overtime built our lives inside of addiction. At the end of the road, we were stuck, we couldn't get out. Our greatest enablers, families, friends, employers, and landlords, began to be affected by our addiction.

Our families loved us, but began to show tough Love. Our romantic partners wanted someone different as a partner, so they left us. Jobs that we were so loyal to, throughout our employment, were now finding other employees to replace us.

We couldn't help feeling betrayed, especially at our greatest time of need. We were Emotionally and Spiritually bankrupt and our denial was so thick that we couldn't understand why they were doing this to us. We didn't realize that we were sick, and we were doing this to ourselves. Our illusions like that bottle had to be shattered to begin the re-construction.

We became hopeless and in desperation we sought help from each other in Narcotics Anonymous. After arriving to N.A. we were told that we suffered from a disease and not a moral dilemma. We were told that although we weren't responsible for having this disease, we were Accountable for our Actions and Responsible for our Recovery.

Learning to Live with Spiritual Principles we can now see the damage and wreckage we caused while we were using. Our resentments against our enablers turned to Gratitude. We saw the value in their Actions.

Living the Steps, we are transformed to different people.

We start to Build our ships outside of our addiction.

◆ IN THIS MOMENT ◆

We will be Grateful for the people who no longer enable us and begin to make Amends to them all.

April 2

We should never misrepresent what we offer even if by doing so we might be able to get a few more addicts to attend our meetings.

— Gray Book, p. 114 (Tradition Eleven, Lines 7-9)

Narcotics Anonymous offers but one Promise, Freedom from active addiction. The key word here is "offers", we have to do the work for that Promise to be Fulfilled.

We have Faith in our Message just the way it is. We don't have to make false promises to promote Narcotics Anonymous. N.A. is not for everyone, and our Message is clear. An addict, any addict can stop using drugs, any drug; lose the obsession to use drugs, without the use of other drugs as a replacement and find a New Way Of Life, through the use of the 12 Spiritual Based Steps and Traditions of Narcotics Anonymous.

Through working and Living the Spiritual Principles contained in the Steps and Traditions, we find a Power Greater Than Ourselves that makes our Recovery possible. What makes all this a Reality, is our cleanliness. Abstinence from all drugs is the cornerstone of our Program; it is our Freedom from active addiction.

N.A. does not offer to get our families or our jobs back; if it did offer any of these things, our members would leave as soon as they got these things back. Or our members would leave if they didn't receive these things back. Our Gifts are Spiritual in nature and Manifest themselves throughout our Lives.

Our Attraction is a drug free lifestyle, compounded with Living by Spiritual Principles. Our Program of Recovery leaves the sick person in a better condition than they were, before they got sick. Our Message is Hope and the Promise of Freedom.

◆ IN THIS MOMENT ◆

We will not be distracted from our Primary Purpose, by offering anything other than our Pure, uncut Message of Narcotics Anonymous.

April 3

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The idea of a spiritual awakening takes many different forms in the many different personalities we find in the Fellowship.

— Gray Book, p. 59 (Step Twelve, Lines 1-3)

Active addiction smothered the Spirit we were born with, using drugs time after time forced our Spirits to go to sleep. What we needed was an Awakening of the Spirit. Our Step Twelve in Narcotics Anonymous states that this Awakening happens as a result of "those" Steps.

The first thing we needed to do was to stop putting drugs in our bodies and minds. The pain of living without drugs, forces us to seek a Power Greater Than Ourselves, that can relieve our obsession to use. This was the first introduction of Spirituality to our disease.

It was the first shake given to our sleeping Spirits. It was the beginning of our Spiritual Awakening.

This Process starts from the First Step on; we don't have to wait until Step Twelve for this experience. We Awaken a little more every time we take and Live another Step.

It may be different for each one of us. For some, Freedom from active addiction is an Awakening in and of itself. For some, our Awakening began when our obsession to use drugs was lifted. Some of us had a Spiritual experience when we tapped into a Power Greater Than Ourselves for the first time.

Some of us began to notice the end of isolation and felt this was an Awakening as well. We started to regain the Trust from those we knew, including our families or employers. Whatever the form of this Awakening, the common theme is that, "Life takes on a new meaning, a new joy, and a quality of being and feeling worthwhile. We become Spiritually refreshed and are glad to be alive. " A Spiritual Awakening can be progressive, but we have to keep moving forward.

Without being an active member in N.A. our Spirits can go back to sleep. We must Practice "these" Principles through the Traditions, in all of our affairs.

◆ IN THIS MOMENT ◆

We will be Grateful for each Awakening we receive from each Step. We will continue to Share the N.A. Message that we are Living, with others.

April 4

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It was conceivable in our addictive thinking that something would work for us without any work on our part. That was how the drugs worked.

— Gray Book, p. 10 (Chapter One, Lines 29-32)

For most addicts, in the beginning of their addiction, drugs were the Solution. The effects of drugs took us out of ourselves.

Drugs prevented us from looking at reality, and they numbed us. We could not survive our emotions, so we buried our feelings while we were high. When the euphoria wore off, we had no choice; we had to use.

The more we used, the worse we felt. As our destruction progressed, we were forced to seek help. Many of us sought help through psychiatry, religion and medicine; all these methods failed to help us.

Doctors gave us drugs, but that only made our problems worse. Some of us were looking for a magic potion that would fix us. It never occurred to us that our problem was Spiritual in nature, and that it required a Spiritual Solution, not a chemical solution. In Narcotics Anonymous, Recovery is possible only after we attain Complete and Total Abstinence.

There is no easy way out. There is, however, a Simple way.

The Spiritual Principles of Narcotics Anonymous are our Solution, but they require Action on our part. In active addiction we depended on the drugs to get us where we wanted to go. The drugs did most of the work.

After coming to N.A., some of us still thought we could still depend on drugs to do the work. The pain of Living without drugs forces us to seek a Higher Power. Without this pain, there would be no need to seek a Higher Power.

Addicts today are being given false hope from the medical field. They are offered a chemical solution to a Spiritual problem, the easy way out, an easier softer way. The problem is that drugs never worked for us, they only continue to let our disease progress. Narcotics Anonymous offers a drug free lifestyle, with Unlimited Growth.

◆ IN THIS MOMENT ◆

We will use the Steps, not drugs, to achieve Freedom from active addiction.

April 5

This program has given us a belief in a loving God that works through people.

— Gray Book, p. 18 (Chapter Two, Lines 1-2)

When we first walked into Narcotics Anonymous most of us were Greeted with a hug, we were welcome and were told to "Keep Coming Back." It's been a long time since anyone had told us to keep coming back to any place, especially toward the end of our using. As we heard members Share their stories, we couldn't help but feel that we weren't alone. They were actually telling our stories. Our Hearts started to feel the Principle of Empathy, that wordless language of Identification We kept coming back, and we started to feel at home.

Members were genuinely concerned about us; we felt the Love we haven't felt in a long time, or for some of us, have never felt at all. What we didn't know at that time is that we were feeling God's Presence manifesting itself through each member.

We took suggestions and followed directions; we got a Commitment, joined a Home Group, and got a Sponsor; we were well on our way. We soon found out that it was a WE Program, and that we needed each other on this Journey. As we Worked and Lived the Steps with our Sponsors, we started to develop a Relationship with the God of Our Understanding. We began to feel concerned for others.

We Greeted newcomers at the door and treated them exactly the way we were treated when we first came in. We were beginning to see the Power of the WE of the Program.

More importantly we knew the Source of this Power. We know now that God works through people.

We had become vessels where this Power can manifest itself to Help others.

◆ IN THIS MOMENT ◆

We will keep tapping into this Power, so we can continue being a Vessel to Help others.

April 6

On the practical level, adjustment occurs because what is appropriate to one phase of our growth may not fit another.

— Gray Book, p. 157 (Chapter Ten, Lines 6-7)

Although the Spiritual Truths of our Program doesn't change, the boundaries of Truths do. When we first come to Narcotics Anonymous, our obvious problem is the drugs. Once we Surrender to the disease and stop using, we find that we have to Surrender to the Spiritual Principles of the Program.

After taking the First Step, we learned that the drugs were just a symptom of the disease. We find that Abstinence although necessary, is not enough.

Another adjustment to the Truth had to be made. We were told that we weren't addicts because we used drugs, we used drugs because we're addicts. It wasn't the drugs or the behaviors that made us addicts, it was the disease of addiction.

We were told by our Sponsors that the only thing we had to change, was everything. When it was appropriate just to stay Clean and not use, the Truth also expanded to treating the disease with Spiritual Principles. After taking the Steps, we now had to Live them.

After working the Steps and focusing on ourselves, we had to start to get out of ourselves by Helping others. Our Basic Text says that, "Everything we know is subject to revision, especially what we know about the truth. " Spiritual complacency can lead to Spiritual relapse, and that could lead to physical relapse. In Narcotics Anonymous, if we're not Growing, we're going.

Our Spiritual Awakening has to remain Progressive, if we are to continue on this Spiritual Journey.

◆ IN THIS MOMENT ◆

We will continue making the adjustments for our Spiritual Growth. We will remain Open for Change.

April 7

This mass of intensive firsthand experience with all kinds of problem drug users, in all phases of illness and recovery, is unparalleled in therapeutic value.

— Gray Book, p. 16 (Chapter Two, Lines 31-33)

Our identification as addicts is one of the most powerful tools we have in the Fellowship. It allows us the ability to show the newcomer our Acceptance over our disease. It shows our Surrender to the Spiritual Principles of Narcotics Anonymous.

This Surrender, in turn, gives the newcomer Hope that one day they also can come to terms with their own disease. Our identification as addicts is only possible if we stop the comparing of our stories or the drugs we used. Chapter Two in our Basic Text tells us that we're not interested in what drugs you used, or who your connections were. We really don't care what it was you did in your active addiction.

We're not interested whether you had money or not, or how many material possessions you have or don't have. Our therapeutic value of one addict helping another starts with Empathy. This means that we feel the pain in your Heart.

It's about meeting you in your state of hopelessness and bringing you Hope. Our firsthand experience makes it possible for us to Help addicts.

Neither doctors, religion, psychiatry, medicine, institutions or counselors can help us. We are the experts in our own Recovery, only we as addicts can reach and Help addicts. Together we can do for each other, which we find impossible to do for ourselves.

Our common illness drove us together, our common Solution Unites us. Our Primary Purpose, to stay Clean and Carry This Message to the addict who still suffers, keeps us together. The Heart of N.A. beats when two addicts share their Recovery.

◆ IN THIS MOMENT ◆

We will Share a simple, Honest Message of Recovery from addiction, and give Freely what was so Freely given to us.

April 8

We will know happiness, joy, and freedom. Life is not just a glum lot.

— Gray Book, p. 141 (Chapter Eight, Lines 19-20)

When some of us arrived to Narcotics Anonymous and put down the drugs, we thought our lives would now be boring. We associated using with fun, our denial was so thick that we couldn't see the destruction addiction had caused. We could only recall the few good times, in early progression.

We forgot what real fun and laughter was, never mind Peace and Freedom that was out of the question. Now that through pain we were forced to give up our drugs, we couldn't help thinking, what would become of us. Yes, being glum was our lot we thought.

As our Spirits Awaken, as a result of taking the Steps, we started to laugh again. Our laughter now originated from our bellies, and we began not to take ourselves so seriously. Our Happiness and Joy stemmed from the inside out.

We experienced Freedom, first from the drugs, then from ourselves, as we progressed in the Step Work. We learned that there was life after drugs. We had to change our perspectives, and our perceptions soon followed.

Narcotics Anonymous is more about unlearning than learning. As our Spirits Awaken with each Step, we find that what we have always been searching for, was hidden in plain sight. Happiness is what happens outside, Joy is within, and Freedom connects them both.

Our Basic Text says that when we lose self-obsession, we are able to understand what it means to be Happy, Joyous, and Free.

◆ IN THIS MOMENT ◆

We will enjoy the simple things in life, and live life to the fullest. Each day More Will Be Revealed.

April 9

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After struggling through the daily burden with the monkey on our backs, we reached despair.

— Gray Book, p. 32 (Step One, Lines 3-4)

Some of us came to Narcotics Anonymous to get the monkey off our backs. Some of us came to get people off our backs.

Back problems will not keep us clean. An addict will not stop using, unless they want to. Our Basic Text says that; we can be analyzed, counseled, reasoned with, prayed over, threatened, beaten, or locked up.

An addict won't stop until they've had enough. When we were beaten by our addiction, we became Willing. When the pain of changing was less than the pain of staying the same, we Surrendered.

This statement has become a common theme for many of us. Surrender for us, has to be Progressive, with each layer of the onion we peel. As we Live our Program, our hopelessness turns to Hopefulness. With each Awakening as a result of the Steps, we experience Freedom, first from addiction, ourselves, others, and then from the world at large.

This transformation only happens through our Desire to Change, and the Action we take. Willingness without Action, however, turns to despair and the Recovery process ceases. Our Surrender deepens with each Step and Tradition we Live.

Our personality change is no longer motivated by pain. "Enforced morality lacks the power that comes to us when we choose to live a spiritually-oriented life. " Either we choose Humility or we experience humiliation. Even though meetings is a fence around our Clean Time, there must be some Growth inside that fence. Recovery is a Choice that we must enforce every single day. We are Granted a Daily Reprieve which hinges on our Spiritual Maintenance.

We do Recover to Live Clean and Happy Lives.

◆ IN THIS MOMENT ◆

Our Decision to continue on this Spiritual Journey, must come from our Hearts, and not our minds.

April 10

We must use what we learn or we will lose it and probably relapse, no matter how long we have been clean.

— Gray Book, p. 123 (Chapter Seven, Lines 14-15)

One of our predecessors wrote that, "Knowledge is not a substitute for Surrender. This means that we suffer from a Physical, Mental, Spiritual and Emotional disease. The drug use was just a symptom of this disease.

We needed a deeper Solution. Since addiction affects every area of our Lives, we must Live by Spiritual Principles in every area of our Lives. Our Admittance must be followed with Complete and Total Abstinence to make Recovery possible.

We had to unlearn our old ways. We had to be re-informed after being misinformed all our Lives. Our Basic Text says that, "Our program is a set of principles written so simply that we can follow them in our daily lives.

The most important thing about them is that they work. That's why we hear in meetings, "it works, if you work it," not if you know it. Just like a doctor practices medicine, and a lawyer practices law, as addicts in Recovery we have to Practice Spiritual Principles.

We suffer from a fatal, progressive disease which there's no known cure. We only arrest our disease and Practice Spiritual Principles on a Daily Basis. It's a Just For Today Program, a Daily Reprieve that depends on our Daily Maintenance.

Our Recovery Process ceases when we stop working a Living Program. The relapse process requires no work. Another member wrote, "If the Program was about simple Abstinence, N.A. would have little to offer.

The Steps bring about a New Way To Live - Happy, Joyous and Free. The Promise of the Steps is far more than simple Freedom from active addiction; it is the Promise of a Complete and Total Spiritual Awakening."

◆ IN THIS MOMENT ◆

If we are to keep what we have, we have to make the Effort to keep it. We can't keep it unless we give it away.

April 11

Change involves the unknown, the great source of fear.

— Gray Book, p. 148 (Chapter Nine, Line 8)

They say most people fear the unknown. For us addicts, our whole lives have been centered in fear. Fear based living leaves no room for Faith, no room for Growth.

We used because we knew how we were going to feel after the drugs entered our system. We controlled our feelings with the use of drugs. We didn't want to feel Reality. After arriving to Narcotics Anonymous, we were told that F.E.A.R. was F.alse E. vidence A. ppearing R.eal.

Most of us identified with that because most of the time what we feared, never took place. Our fears existed because of a lack of Faith in our Lives. Fear comes when we live in the future.

In Narcotics Anonymous we're told to Live Just For Today. As we Live in the moment, our worries subside, and we start to feel Hope. Sharing and Caring with others the N.A.

Way, we get a sense that all will be well. With each Step we take, we develop Faith; we start building Relationships with ourselves, others, and a God Of Our Understanding. We start to get a sense and a Glimpse of what our Lives could be in this New Way Of Life. We no longer fear the unknown because we know that what's waiting for us, is better than what we have now, or what it has ever been. We start and end our days with Gratitude for what we have been Granted.

We make each day count, and we Live it to the fullest. Fear today stands for F.ace E.verything A.nd R. ecover. We no longer have to go through anything by ourselves.

Today we have the Fellowship of Narcotics Anonymous and Faith in a Higher Power.

◆ IN THIS MOMENT ◆

We will Let Go and Let God, we no longer dread or fear the future. Today we Live in Faith, not fear.

April 12

This awakening does have some things in common throughout the Fellowship. Life takes on a new meaning, a new joy, and a quality of being and feeling worthwhile.

— Gray Book, p. 59 (Step Twelve, Lines 3-5)

Narcotics Anonymous is a "WE" Program, but our Spiritual Paths are as different, as there are Members. Starting with our Surrender, we suffer at different levels of sicknesses. We Recover at different levels as well.

Our Higher Powers are different from one another, the God we choose is of Our Own Understanding. Narcotics Anonymous has no set Spiritual Path, individually we Pray and Meditate differently from one another. However, the way we do it, is the same; we use the Spiritual Principles of the Steps and Traditions on our Journey. We Share this set of Principles that make our Spiritual Paths and Recovery possible.

We Help one another, we Share our Experiences, Strengths and our Hopes with each other. As we Awaken, we Awaken others, we show them what worked for us. With our Experience, we shine the light on the road we first took, when we got here.

Others showed us the way, now we Share that way with others. Our Sponsors should be leading us to God.

We walk with each other, side by side, without parallels. We Share our Awakening with each other, we Share our Experiences with each other.

We Share our Freedom from active addiction and the end of isolation. Living Happy, Joyous and Free is no longer a theory, we see the evidence of Clean addicts, Spiritually refreshed and enjoying a New Way of Life. Our Spiritual Awakening has to continue to Progress; Sharing with others, makes it possible.

◆ IN THIS MOMENT ◆

We continue to Share our Recovery and the Message of Narcotics Anonymous with all who seek it.

April 13

This approval-seeking got us back where we started from, or worse.

— Gray Book, pg. 24 (Chapter Three, Lines 30-31)

People pleasing is a defect of character; we used this tool in our active addiction to get what we wanted, more drugs. Approval seeking behavior is a form of manipulation and control. Sometimes it disguises itself as Kindness, but it's all ego based. As using addicts we wore many masks, with each mask worn, our real selves continued to disappear.

Toward the end of our using, we were no longer present, it was our disease. One of the symptoms of the disease is our low self-esteem. Since as long as we can remember, we never felt as though we were enough.

We've always tried to fit in, even if it meant sacrificing ourselves and our values. When it came to the drugs, all bets were off. We used this defect of character as a tool to enable our using, and it worked.

In Narcotics Anonymous, the real value is in being our true selves. As we progress in our Recovery, we Recover ourselves. This Journey, with the help of the Steps, takes us back to the people we were supposed to be all along.

The process of Self-Acceptance leads to Self-Approval and we are finally comfortable in our own skins. We no longer seek things outside ourselves, to make us feel good about ourselves. We no longer need people, places, or things to validate us. Our Faith is in our Higher Power, not in people.

Each day we ask God to remove our shortcomings. We pray to be the best people we can become.

Just For Today.

◆ IN THIS MOMENT ◆

"Take my will and my life. Guide me in my recovery. Show me how to live."

April 14

Do we really want to be rid of our resentments, our angers, our fears?

— Gray Book, p. 46 (Step Six, Lines 20-21)

Our Basic Text tells us that there's a certain distorted security in familiar pain. We sometimes hold on to these defects because at one time that's all we knew. These defects even saved our lives or enabled our using at best.

Letting go can be painful, it's almost like giving up an old friend. Steps Four, Five, Six, and Seven helps us identify and replace these old survival skills. These survival tools are no longer needed in this New Way Of Life.

In Narcotics Anonymous we are given a Spiritual Toolbox. We keep these Tools effective by using them in our everyday Life. The Spiritual Principles contained in the Steps and Traditions make us better people.

They also give other addicts Hope, in that they too can find a New Way To Live. We find that when we Trust defects, we end up in pain and hurting others. When we Trust Spiritual Principles our lives and the lives of those around us benefit.

We can carry an effective Message, because we're Living it. With the Help of our Higher Power, our Sponsors and the Fellowship of Narcotics Anonymous, we live clean and productive lives. We are no longer fighting anger or depression.

We Surrender to the Process and our Lives are Anew. We can only keep this Precious Gift, if we give it away.

◆ IN THIS MOMENT ◆

We will Let go and Let God do what we can't do for ourselves.

April 15

We have come to enjoy clean living and want more of the good things that the N.A. Fellowship holds for us.

— Gray Book, p. 40 (Step Three, Lines 7-8)

The Promise of Freedom is one of the Gifts Narcotics Anonymous has to offer. Our Journey begins with the Total Abstinence of all drugs. Freedom from active addiction begins with our First Step.

We are finally Free from our self-imposed prisons. We became part of a Group of people, who like us, were Spiritually dead. Narcotics Anonymous brings the dead back to Life; we are given a Daily Reprieve from our death sentences.

Our Second Step Frees our minds from the obsession to use drugs, the restoration to Sanity starts here. Discovering that the Greater aspect of Recovery is learning to Live without the drugs, we're forced to seek a Power Greater Than Ourselves. In the First Step, we stop using, in the Second Step we lose the desire to use. In the Third Step we find a New Way To Live.

This resulted in Peace of Mind. We have come to know a new Freedom, and we want more.

Living through Spiritual Principles, we improve the quality of our Lives, and at the same time, the Lives of others. One Promise, many Gifts, we Share these Gifts in order to keep it. Seeking and Surrendering to a Power Greater Than Ourselves, is an act of Faith.

We keep our Hope alive with our Daily Surrender. We reinforce our Program by Sharing it with newcomers. As we Progress in the Steps, the Relationship with the God of Our Understanding becomes our Greatest Source of Strength.

The Program of Narcotics Anonymous offers unlimited Spiritual Growth. With each passing day and Spiritually Refreshed, we show our Gratitude, by Sharing our Recovery with others.

◆ IN THIS MOMENT ◆

We will tap into this Unlimited Gold Mine, and Share this vast wealth with all that seek it.

April 16

Our willingness to try new ideas and possible solutions to problems will help open the doors to recovery.

— Gray Book, p. 83 (Chapter Five, Lines 6-8)

If the above statement is True, then the opposite would also have to be True. Being closed-minded will close the door to Recovery.

A closed drain won't allow anything to go down, therefore, will spoil from being stagnant. Throughout our active addiction many of us experienced this spoiling process. What we were doing wasn't working, but we were incapable of trying something new.

Our denial had closed our minds, and the drugs just put a lock on it. Since you can't graft a new idea on a closed mind, an opening must be made somehow. Hitting bottom to the point of desperation was that opening we needed to Surrender to Narcotics Anonymous. Step One tells us that when we Admit our powerlessness and inability to manage our own lives, we open that door to Recovery.

Beaten into submission in Step One, was a conditional Surrender. Our Second Step had to be a Surrender motivated by Hope, and Open-mindedness was that key. Our Basic Text says that, "Open-mindedness leads us to the very insights that have eluded us during our lives. " Without Willingness our minds begin to close, and we shut that door again. Narcotics Anonymous is an Action Program; it consists of Twelve Steps and Twelve Traditions.

The Steps are the HOW and the Traditions are the WHY. We find that the lack of any one of the three main Principles, Honesty, Open-mindedness, or Willingness, can cease the Recovery Process. Relapse has its beginning at the end of that Process.

Our Recovery and our Truths about ourselves, others and the world, is subject to revision. We must use Recovery as the filter, for that now open drain.

When we get stuck, we can call on the God of Our Understanding, 24/7.

◆ IN THIS MOMENT ◆

We will remain open to recognize that if we're not the problem, there's no Solution.

April 17

Many have found that our sick mental processes change very slowly through repeated practice of new unfamiliar principles.

— Gray Book, p. 121 (Chapter Seven, Lines 19-23)

It takes quite a bit of relearning how to Live Life as a part of society after we stop using. We come into the Program after months, years, or decades of surviving on a level that is not fit for a healthy person. After we realize that not only are we powerless over our addiction, but we are not very good at coping with Life either. We have little or no experience at Living Life on life's terms.

Our old habits will die hard, and only through repeated effort on our part. We are told to attend daily Meetings, make daily phone calls, daily writing, and daily Prayer. These simple acts that we do in the course of a day will help us to relearn new healthy habits and replace the old ones like isolating and acting out. After practicing these new habits for a while, we will notice our thinking patterns begin to change. No longer do we feel that we need to be in control of everything and everyone. Some of our actions are that we begin Living the Spiritual Principles found in the Steps and Traditions. Talking and working with our Sponsors are also an essential part of getting us on the right track.

That's when the Restoration to Sanity that is mentioned in the Second Step will become a Reality for us. We have to become Willing to work the Program to the best of our ability. We Accept that our way of thinking needs to change in order to stay Clean.

This is a Lifelong Process. We can change to become healthy and productive members of society, as long as we work for it.

◆ IN THIS MOMENT ◆

We will replace old habits with new ones that are suggested to us. We will reach out and let someone know what we're thinking. Remember, we only Recover A Day At A Time.

April 18

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We humbly asked Him to remove our shortcomings.

— Gray Book, p. 48 (Chapter Seven, Header)

We as addicts have trouble being Humble. In the past, we usually had to get humiliated to recognize we have been beaten and need help. We placed our wants in front of our needs and the needs of others.

We felt we needed to manage and control every aspect of our Lives. We refused to ask for Help, especially when we needed it. Our egos prevented us from seeing our liabilities and our humanness.

In the Fifth and Sixth Steps, we learn that part of being human is asking for Help. The God of Our Understanding that saved our Lives in the prior Steps is still here with us. Our Basic Text reminds us that, Humility is as important to us as food and water.

Being human we will, of course, wander and during stressful times our defects are sure to activate. Defects in action become shortcomings; this is when we ask our Higher Power for help. We don't demand or get angry when asking, this is not what the Step means when it says Humbly.

When we ask for Help, God will meet us halfway. Some of us do this by cutting our bodies in half, by getting on our knees. Some of us might begin to apply a Spiritual Principle that's the opposite of that defect.

Some of us might ask our Sponsors or others for help. All these are signs of Humility on our part. Our defects will remain dormant, and our shortcomings minimized by Practicing some of the Spiritual Principles that are in our Toolbox on a daily basis.

We are asking God for Forgiveness, while asking for the removal of our shortcomings. Practicing Patience with ourselves, we learn Patience and Tolerance of others. As we are Forgiven, we Forgive ourselves, in turn we learn to Forgive others.

◆ IN THIS MOMENT ◆

We will Accept being human. Humility is a by-product when we ask God for Help.

April 19

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Step Nine helps us with our guilt and others with their anger.

— Gray Book, p. 53 (Step Nine, Lines 20-21)

Our Literature tells us that timing is essential in the Ninth Step. After completing our Eighth Step list, we go over this list with our Sponsors. We cross out, wherever possible on that list, where we would injure them or others.

We also make sure that it's not too soon to make that Amends. Our Literature tells us that it can do more harm than good if those people are still angry at us.

Once we establish the actual Amends we are about to make, we actually set out to look for these people, places and things. We proceed without any expectations on the results. We don't project outcomes.

We clean our side of the streets because we have to. Cleaning up the wreckage of our using and changing, is a big part of our Recovery. The Process started with our Higher Power Forgiving us in the Seventh Step.

Since we are not Greater than our Higher Power, we Forgive others and ourselves in Step Eight. These previous Steps prepare us for whatever happens in our Amends process. Projecting what may happen can become a stumbling block.

Fear is a lack of Trust. We must remember that the Higher Power that got us Clean in the First Step is still with us. We take the action because we have to and leave the results up to The God Of Our Understanding.

We experience on a deeper level the Promise of Freedom. We are finding a New Way To Live and this gives us and others Hope. Since Amends means to change, we're careful not to cause more harm.

We also stop practicing the defects that caused these harms in the first place. We are never even, there are those that will never experience our Amends. The change in our attitudes and behaviors will be our indirect Amends.

This Journey of our Recovery is a Lifelong Process.

◆ IN THIS MOMENT ◆

We will make the Amends and leave the results to the God of Our Understanding.

April 20

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We became very dependent on people to carry us emotionally through life.

— Gray Book, p. 2 (Chapter One, Lines 12-13)

For most of us in Narcotics Anonymous, our disease affected every area of our Lives. It affected ourselves at a very deep level. Toward the end of our using, it was evident that our Jobs, Friends, Family and almost everyone we came in contact with was affected by our addiction.

Our Literature reminds us that, "We were constantly searching for "the answer" -that person, place or thing that would make everything all right. " As our addiction progressed our world got smaller and smaller. The disease isolated us from people unless it had to do with getting, using or future resource. We were addicted to people as well as the drugs, we used them as well.

The people who truly Loved us were the last ones to let go. Then, and only then is when we were able to start to hit our bottoms.

The people, places and things that enabled our using were soon not to be found. Isolation was the beginning and the end of our bottoms.

In desperation, we sought Help from each other in Narcotics Anonymous. Here, we heard that we had to shift our dependence to a Loving, Caring Power that can relieve our obsession to use. This was a healthy dependence and its results were Freedom and Hope from active addiction.

Recovery in Narcotics Anonymous taught us about self-care, not self-help. We learned about a healthy reliance that included our Higher Power and others. For the first time in a very long time, we were present in our own Lives.

We can be there for others as well. If our past Relationships were real, they will survive. As we Progress with our Spiritual Principles our Amends cause changes in us and sometimes in others. We allow people to be there for us in a healthy manner. The Basic Text says, "Our spiritual condition is the basis for a successful recovery that offers unlimited growth. "

◆ IN THIS MOMENT ◆

We will learn about healthy dependence; this dependence is measured by the Spiritual Principles of Narcotics Anonymous.

April 21

The full fruit of a labor of love lives in the harvest, and that always comes in its right season

— Gray Book, p. 1 (Forward)

We reap what we sow. In active addiction, we worked tirelessly to use and find the ways and means to continue using, and what we got was not so rewarding. The results were disastrous for us and others.

We were harvesting rotten fruits because it wasn't created by Love. In Narcotics Anonymous we learn that the beginning Process of Recovery takes a lot of work, a lot of digging, and a lot of turning over of old soil. We're planting new seeds, seeds of Love, Compassion and Patience.

A lot of hard work ahead of us, Amending the wreckage of our past. We start to see the fruits of our hard labor; we start to experience new feelings of self-worth. We start to show Empathy towards others, and we start to grow Spiritually.

We did the work; we did it with Love. We finally took Responsibility for our Lives, now we're reaping the rewards.

The right season is now upon us. We do the work and Share with others this Precious Gift. We show others how to SOW and reap the benefits when we do God's Will.

◆ IN THIS MOMENT ◆

We will reap the Fruits of our labor of Love; we will give time, time. The full harvest comes in the right season.

April 22

This is our road to spiritual growth, to change our character, day by day

— Gray Book, p. 49 (Step Seven, Lines 31-32)

Having taken inventory of our Assets and liabilities, we become entirely ready to have God remove whatever obstacles stand in the way of our Higher Power's Will for us. Our defective character took a long time to evolve. Our defects became part of our personality and were our Solution for a long time. Change takes place over time, not overnight, but we are Responsible to take Action.

The God of Our Understanding no longer is an idle icon; we actually make God an Action figure in our Lives. We utilize this power to give us the Strength to negotiate our Recovery. We walk the talk as we slowly and carefully pull ourselves out of isolation into the mainstream of Life.

We pick up the Spiritual Tools that were laid in front of us, by our Sponsors and our Higher Power. We utilize and not analyze; we use Reliance instead of compliance or defiance.

We keep our initial Surrender alive, by continuing to Surrender at a deeper level. No longer are we motivated by pain.

We actually get more power, when we choose to do God's Will for us. Our character transformation is a daily occurrence; we reinforce our Recovery by Daily Maintenance of our Spiritual Condition. The more we Practice the Spiritual Principles of the Narcotics Anonymous Program, the more our defects lie dormant, or at least are minimized. With each Step Lived we experience an Awakening.

This Spiritual Experience gives us a Glimpse of what our Life would be, Free of defects. This gives us Hope, We Do Recover daily, from our hopeless state.

◆ IN THIS MOMENT ◆

We will take part in our Recovery; we will take the necessary action to make our Recovery possible.

April 23

If you understand God to be simply whatever keeps the rest of us clean, that's fine.

— Gray Book, p. 38 (Step Three, Lines 24-25)

When many of us first came to Narcotics Anonymous, we were Spiritually bankrupt, to say the least. The power of the disease used the drugs to control our Will and our Lives. Almost everything we did was motivated by the getting and the using of drugs.

At this point, we were no longer using drugs; they were using us. We Lived to use and used to Live. We lost touch with whatever Goodness we had in our Lives. We were on a destructive mission; we were out of control.

Many of us gave up Hope in whatever God we knew of, some of us never knew God at all. In Narcotics Anonymous we were told that we didn't need to believe in anything. The Belief was THAT (and not IN) a Loving, Caring Power, could Relieve us of the obsession to use. We find a New Way to Live, without the use of any mind or mood altering drugs. For many of us, we had a God of our misunderstanding, and it wasn't working for us.

We were told that if we didn't Believe, just Believe that the rest of us Believe. The evidence of addicts like us, Free from active addiction Living Happy, Joyous and Free Lives, was all the evidence we needed to see. Our Process had to start with Total and Complete Abstinence; and since addiction had spread to every area of our Lives, we had to adapt Spiritual Principles to all areas as well. At first, all we needed was a slight opening in our closed minds, followed by a complete Surrender to the N.A. Way.

After being introduced to our Higher Power in the Second Step, we begin to ask for strength in the Third Step to continue on this Journey. The Steps for us is more than just simple Abstinence. The Steps offer us a Complete and Total Spiritual Awakening, with each Step taken.

We continue Recovering and Sharing this Precious Gift with others in order to keep it.

◆ IN THIS MOMENT ◆

We only ask that this Power be Loving, Caring and Forgiving. If that's difficult, just Believe that We Believe.

April 24

We, as Recovering addicts in the N.A. Fellowship, practice living and enjoying life on a day to day basis by living the Twelve Steps.

— Gray Book, p. 14 (Chapter One, Lines 10-12)

In Narcotics Anonymous there is Life after drugs. We arrive at N.A. hopeless and helpless, and at the verge of a destroyed life. For many, N.A. was the last house on the block; it was the last thing we tried, but it was the only thing that worked.

We were told by other members to remain Abstinent, and the Miracle would happen. We waited and waited, but the only thing that happened was that we felt worse. We were living without the use of drugs and nothing to medicate us, so we felt everything.

Since addiction affected every area of our lives, we needed to Live by Spiritual Principles. The only Solution for a Life guided by self-will, was a Life Guided by Spiritual Principles. Our only Solution was locked in the Steps and Traditions.

First, we work the Steps, then the Steps work us, and then we Live them. It's only through Understanding and Application that these Principles work.

Practicing the Principles is how the Steps work. Studying our Literature is good, but as one of our predecessors said, "Knowledge is not a substitute for Surrender. " Surrendering requires Action, it requires us to align our actions, and our wills, to the Will of our Higher Power. The Steps make Recovery possible, but first we must clear all the barriers that stand in between The God of Our Understanding and ourselves. In the first Three Steps, we get right with God. The next Three Steps we get right with self.

The next Three Steps we get right with others, and the final Three Steps we get right with the world at large. This Process is not overnight, it's over time, and we don't do this alone. We have God, our N.A.

Sponsors, and the Fellowship of Narcotics Anonymous.

◆ IN THIS MOMENT ◆

We are Granted a Daily Reprieve. We will continue on this Spiritual Path that was set by others.

April 25

Coincidences are miracles in which God chooses to remain anonymous.

— Gray Book, p. 151-152 (Chapter Ten, Lines 34-1)

Some say nothing happens in God's world by mistake. Some say everything happens for a reason.

These are all Positive ways at looking at the negatives in our Lives. As we Progress in our Recovery, we experience too many Coincidences happen in our Lives. We start seeing God's Will working in our Lives. As we stay clean and Live the Steps, events that can't be readily explained start to unfold in our Lives.

People start coming into our Lives, that probably we would have never met in our active addiction. Opportunities that never appeared before, seeming to fall on our laps, now that were clean. Sometimes people from our past, start to appear in Narcotics Anonymous, and we're there to welcome them. Our families begin to need and depend on us to be there in times of trouble.

Thank God we're clean and are able to be there for them. Coincidence? We think not, it's God's way of remaining Anonymous.

Even during difficult times in Recovery, or losses of Loved ones, or Friends, we are able to seek sanctuary in God's Presence. It's no Coincidence that we are clean in situations when we should be clean. Our continuing Process in Recovery is vital for God to keep working in our Lives. Our GPS or our G.

OD P. OSITIONING S. YSTEM has to be in effect for these socalled Coincidences to continue in our Lives.

◆ IN THIS MOMENT ◆

We will position ourselves for the Fruits of the Program, and we will continue to Share these Fruits with everyone we come in contact with.

April 26

We were finally free to be ourselves, because we were not trying to cover anything up.

— Gray Book, p. 45 (Step Five, Lines 30-31)

As far as some of us could remember we didn't like being ourselves, we didn't like ourselves, so we thought no one else would. When we couldn't stand ourselves any longer, we used drugs. The drugs took us out of ourselves, and it gave us a false sense of well-being.

When we were using, we weren't the people we wanted to be. We were what others wanted us to be.

We wore many masks, and after a while we didn't know who we really were. We lost ourselves in the process. When the euphoria wore off, and we saw the ugly side of addiction, we didn't like what we have become.

As our addiction progressed we became less human like, some of us functioned on an animal level. Some of us below that level, when our basic needs weren't met. For some of us, our bottoms seem to be more Mental and Spiritual than Physical.

When we became hopeless, we sought Help, directly or indirectly. However, nothing worked, not until we arrived at Narcotics Anonymous. Here, we met people just like us, but we were still hiding the really shaky, insecure person we really were. As we took the Steps with a Sponsor, we found out who we are not, before we found out who we really were and meant to be.

The Steps take us back on a Journey to the person we were, before we picked up the drugs. We learn to Love that person today. We Nurture ourselves with the help of our Sponsors, the Fellowship and the God of Our Own Understanding.

We finally have some Self-Acceptance and find that the True Value, is in being ourselves.

◆ IN THIS MOMENT ◆

Through Living the Spiritual Principles of the Steps, we meet ourselves in the Process.

April 27

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We want to look our past in the face and see it for what it was--and then to release it so that we can live today.

— Gray Book, p. 41 (Step Four, Lines 4-6)

The hardest record in the world to break, is our own track record. When we took our Fourth Step, we saw the patterns of our behaviors and how they affected our Lives, and the Lives of others. Our past was frightening because it was dominated by fear.

Our Fourth Step asks us to make a searching and fearless moral inventory of ourselves. To be fearless, we needed Faith, to acquire the Spiritual Principle of Faith we needed to take Action in the Third Step. After making the Decision to turn it over, together with The God of Our Understanding and our Sponsors, we start the Self-Appraisal Process. We look at our past, but not dwell in it. We ask our Higher Power for Courage, and put pen on paper.

We sought out our feelings, emotions and resentments. We write about our reactions and behaviors toward people, places and things.

We write on how these situations affected us. We recall our past and Accept that we were acting and reacting through active addiction. We become willing to be accountable for the part we played.

We also see where we acted the right way in the midst of chaos. We write about our newly found Assets as well.

In Narcotics Anonymous we get to create a new past, one of Faith, Hope and Spirituality. We continue taking personal inventory, so we won't repeat our mistakes. We learn from our past, and we Share our experience with others.

We make each day count by practicing the Spiritual Principles we were given. We begin to experience Freedom from self and the Acceptance of others. We no longer regret the past, and we no longer fear the future.

We are free to live Just For Today.

◆ IN THIS MOMENT ◆

We will no longer fear the past, nor wish to shut the door on it. We will learn from our mistakes and Share the Solutions with others.

April 28

Working the Steps got us out of our old attitudes. When we admitted that our lives had become unmanageable, we didn't have to argue our point of view.

— Gray Book, p. 79 (Chapter Five, Lines 7-10)

Pride always comes before the fall; toward the end of our using, we didn't want to admit defeat. We viewed our using as a moral deficiency; we had no concept of a disease aspect. Our egos kept us from admitting defeat or Surrendering.

We had all the answers, we thought. We blamed people, places, and things for our situation.

We couldn't agree with anything anyone else had to say about our lives. We always had excuses and could rationalize our actions. Not until we put away our blame throwers and admit complete defeat is when we open the door to Recovery.

Step One directs us to Surrender to the disease first, then Surrender to the Program of Narcotics Anonymous. We Accept that we suffer from a disease that was of a Spiritual nature and that its symptom was the drug use. We were told that we're not Responsible for the disease, but we are Accountable, and we are Responsible for our Recovery. With each Step taken we start the daily transformation that's needed for a personality change, and a Spiritual Awakening.

We no longer have to stand for non-existing virtues, and we start to stand for something. We apply the Spiritual Principles contained in the Steps. The Principle of Openmindedness keeps us Growing and the disease at bay.

Our perspectives change, and our attitudes change. We start to attract healthier relationships in our Lives. We finally know the meaning of Spirituality, which is the right Relationship with Reality.

◆ IN THIS MOMENT ◆

Through Living the Spiritual Principles of the Steps and Traditions we can Accept Realty for what it really is.

April 29

As we begin to live in the present, burdens of the past and the anxieties of the future slip away. We are granted the serenity to accept the things we cannot change =

— Gray Book, p. 147 (Chapter Nine, Lines 26-29)

For us dwelling on the past is living in the past, which results in depression. Living in the future also creates uncertainties, which lead to fear. When we were in active addiction, we weren't capable of Living in the day.

We were constantly finding ways and means to keep using. One of our greatest fears was that we would run out of drugs.

We were always worried about the next one. We were afraid that we wouldn't survive our emotions.

We went from Living to just surviving and existing. With the Gift of D. desperation, we were led to Narcotics Anonymous. Here, we found people like us whose Spirits visited the same horrors of addiction.

Practicing these few simple Spiritual Principles we were Granted Hope for that Day. Our Basic Text says, "We are no longer fighting fear, anger, guilt, self-pity or depression." As we witnessed the evidence of other addicts in Narcotics Anonymous stay Clean and Live Happy, Joyous and Free, we gained Hope. Unconditional Surrender is our Solution; this is Faith in Action. Faith in our Higher Power now becomes our Greatest Source of Strength.

Trust in the God Of Our Own Understanding enables us to Live In The Moment. Remaining calm in the midst of a storm is; Trust in Action. Working through the Steps with our Sponsors, we start to Recover, Uncover and Discover who we really are.

Our fears subside as our Faith begins to Grow. We begin to Share our Journey with others as we walk side by side without parallels. We reinforce our Recovery when we Share our Experience, Strength and Hope.

◆ IN THIS MOMENT ◆

We will through Prayer and Meditation be Granted Serenity and Acceptance. We will Live Just For Today.

April 30

Our recovery is dependent on our belief in a loving God who cares for us, and will do for us whatever we found impossible to do ourselves.

— Gray Book, p. 147-148 (Chapter Nine, Lines 33-1)

The disease of addiction is progressive, incurable, and fatal. For those of us that have this disease, there's only the Hope of arresting and treating this disease.

In Narcotics Anonymous, we look at this disease as a Spiritual Malady. We treat this disease with a Spiritual Solution, not with chemicals. We first have to be totally Abstinent from all mind altering/mood changing drugs, for Recovery to work. A Spiritual disease requires a Spiritual Solution, so our answer is a Loving, Caring Higher Power, of our Own Understanding.

This Power is just as strong; if not stronger than the disease of addiction. In Narcotics Anonymous we don't only treat the symptom of the disease, but we also treat the cause of it. This disease being supernatural in nature, needs a supernatural Power to manifest itself in a Group of people, to treat and keep this disease at bay.

What we can't do alone, we do it together with the Fellowship of Narcotics Anonymous. Here, we found ourselves with a special Group of people, who like us suffered from the horrors of addiction. These people we first met, seem to be Happy, Joyous and more importantly Free.

As we took the Steps with the Guidance of a Narcotics Anonymous Sponsor; we started to see that this Higher Power was doing for us what we could not do for ourselves. We tapped into this Power for Strength to get and stay on the Road of Recovery. The Evidence of Sanity was all around us at meetings.

Members were staying clean with surmountable amounts of clean time. We saw members finding a New Way of Life, without the use of drugs. We have Hope that we too can join others on this Spiritual Journey.

◆ IN THIS MOMENT ◆

We will remain Anonymous in our Recovery. We will share the Fruits from our Loving Higher Power with others.

May 1

Service will get us out of ourselves

— Gray Book, p. 85 (Chapter Five, Lines 3-4)

Service is for those we Serve, but it also Helps us stay clean. We work the Steps, so we can change. Besides working on ourselves, we get out of ourselves by Helping others.

In Narcotics Anonymous, Service is how we give back, what was so Freely given to us. That's our Primary Purpose. We show our Gratitude by going to Meetings and taking Service Commitments.

We Recover to do Service, we don't do Service to Recover. We're not in Service; we're of Service. When we first came to Narcotics Anonymous, we were told to take a Commitment, because it would keep us coming back.

After we're here a while, we come back to Give back. Our motives now are Love and Service.

Sometimes keeping the focus on ourselves becomes a bit too much. We find another suffering addict we can work with. Offering newcomers rides to Meetings, coming early and staying late.

Sponsoring newcomers and taking speaking Commitments, are all examples of Service. We also leave time for Step work, here we can keep the Process of Recovery going. As we Live the Spiritual Principles of the Steps and grow, we expand our Recovery by studying and Applying the Traditions of Narcotics Anonymous. This Helps us keep our Service, Anonymity Based.

Recovery is only Progressive if we keep moving. Spiritual Awakenings are Progressive if we keep feeding our Spirits. Recovery is an uphill Journey, and if we stand still, we'll start sliding backwards.

Our Gratitude has to remain in Motion, otherwise the Recovery Process ceases.

◆ IN THIS MOMENT ◆

My Gratitude will show in my Service to Narcotics Anonymous. My Service will be Recovery Based.

May 2

There is one thing more than anything else that will defeat us in our recovery, this is an attitude of indifference or intolerance toward spiritual principles.

— Gray Book, p. 29 (How It Works, 2nd paragraph)

The first thing we do in Narcotics Anonymous is stop using drugs. Abstinence is the Cornerstone of our Program.

Our Recovery Program rests on Total Abstinence. Recovery cannot happen unless we Accept this important Principle. We Abstain from all drugs, including drugs used for the treatment of addiction.

We use a Twelve Step Spiritually Based Program to treat addiction and Recover. If we refuse to adhere to this, or are indifferent or intolerant about this Principle, we will not Recover. The Honesty in the First Step by getting Clean and Admitting our powerlessness and unmanageability, is how we open the door to Recovery. The Open-mindedness in Step Two is necessary to achieve a Conscious Contact with a Higher Power.

We need this Higher Power to relieve our obsession to use. We need this Power to Guide us in our Lives and our Recovery. Our Willingness is measured by our level of Surrender, in Step Three.

Our Surrender can be measured by our Actions. These Three Basic Spiritual Principles are the Foundation to our Program. These Spiritual Principles will support the other many Spiritual Principles that are contained in our Steps and Traditions.

We need these Tools to make the rest of the Program work. In Narcotics Anonymous we must continue to stay open to change and continue Growing in this Process.

◆ IN THIS MOMENT ◆

These Principles in Narcotics Anonymous are written so simply that we can follow them in our Daily Lives.

May 3

Addiction is the disease and Narcotics Anonymous is a proven path of on-going recovery.

— Gray Book, p. 9 (Chapter One, Lines 27-28)

Since 1953 Narcotics Anonymous has been a proven way for addicts to get Clean and Recover. There are many methods that society has tried to deal with the addiction problem throughout the years. Narcotics Anonymous does not claim to have the only answer to society's problem of addiction.

Throughout the ages; many methods have been tried, but none seem to have the results that Narcotics Anonymous has. There is no known cure to the disease, but it can be treated. Medicine, jails, religion and psychiatry held no answers for the suffering addict.

Addicts continued to use and continued to die. Society first treated addiction like a moral dilemma, and put addicts in jail. After years of unproven, unsuccessful results, they treated addiction as a medical problem.

Treating addiction with drugs has proven to be fatal for addicts; you can't stop using drugs, by taking drugs. In Narcotics Anonymous we define addiction as a Spiritual disease. A Spiritual problem cannot be treated with a chemical solution.

So in Narcotics Anonymous we use a Spiritually Based Twelve Step Program, to arrest and treat the disease, just for one day. A twenty-four hour Program that can be Practiced daily, for the rest of our Lives. Narcotics Anonymous has been proving itself in the Lives of many addicts for decades.

Our members have been Abstinent and Recovering to Live long and Happy drug Free Lives. We Live by Spiritual Principles and we Help one another.

Addicts are the only ones that can Help addicts. There is no cure for this progressive and fatal disease, but We in Narcotics Anonymous have found the most Successful method, it's not religion, but it is Spiritual. Spiritual disease needs a Spiritual Solution, We Share our Recovery Freely, for those who want it.

◆ IN THIS MOMENT ◆

We will stick with what has worked for us, the Program of Narcotics Anonymous.

May 4

Our primary purpose is to carry the message to the addict who still suffers."

— Gray Book, p. 102 (Chapter Six, Tradition Five)

The sole purpose of Narcotics Anonymous is to carry Our Message of Recovery to the addict that still suffers. We stay Clean and Recover in the Process.

The purpose of the Traditions is to ensure that this Primary Purpose is guarded and maintained. If Narcotics Anonymous loses its Primary Purpose, it'll cease to exist.

Recovery is what happens at our Meetings. In order for Narcotics Anonymous to keep existing and saving Lives, we must be Responsible in keeping our Meetings Recovery Oriented. Another way to carry our Message at our Meetings, is to keep our Message unblurred. The Group and its members do not affiliate with outside entities by adopting ideas and sharing them at our Meetings.

The Group should make sure that their trusted servants or any speakers are Clean of all drugs, including any form of Medication Assisted Treatment drugs (MATs) Our discussions should also be free of outside issues, concerning other organizations, medicine, politics or religion. Group formats should generate a Clear Message and offer the newcomer, Friendship, Literature, our Basic Text, and Sponsorship. Our Group can also create a service committee to carry the Message to institutions and create Public Information.

Our Group can also create Help Lines and Outreach Programs. We must remain Self-Supporting and Non-Affiliated. To keep our Meetings with Integrity, each member carries a Responsibility to keep our Message Clear during the Sharing portion of our Meetings.

If our Message strays, it's the Responsibility of a member to bring it back to the Narcotics Anonymous Message.

◆ IN THIS MOMENT ◆

The purpose of a Group is more than just to hold Meetings, the Primary Purpose of the Group is to carry a Clear N.A. Message.

May 5

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We hurt long enough and badly enough that we were willing to go to any lengths to stay clean.''

— Gray Book, p. 29 (Chapter Four, Lines 11-12)

Our Third Tradition tells us that addicts can be prayed over, beaten, locked up and threatened, but an addict will not stop using until the addict wants to. The price of admission to Narcotics Anonymous is pain, without it most of us wouldn't have gotten here. Even after coming to N.A., most of us didn't stay. It seems that pain might be the admission, but it's not enough to keep us here, once the pain subsides.

Our initial Surrender has to be followed with Willingness, and Willingness has to be followed with Action. Desire is measured by our level of Surrender, and our level of Surrender is measured by our pursuit of Recovery. So even though desire is not a measurable commodity, it can be seen by our Willingness to go to any lengths.

Our Basic Text says that; "If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain Steps. The First Step is to get and stay clean. Recovery will not work if we're not clean from all mood changing/mind altering drugs, including any form of Medicated Assisted Treatment drugs.

We then remain Openminded to a Power Greater Than Ourselves, that can relieve our obsession to use. The Action we do, like attending Meetings, read Literature, and get and use a Sponsor, is the Process that restores us to sanity. We Turn our Will and Lives over to the Care of God of our Own Understanding. This is evident when our obsession to use has been lifted.

Any length means that we don't put anything in front of our Recovery Program. It means that we don't make excuses for not attending meetings. It also means that we don't do it alone, and we have a Home Group, that we are part of.

We don't put conditions on staying clean. We stay clean no matter what happens in our Lives.

We are accountable to others, by remaining reachable.

◆ IN THIS MOMENT ◆

Any length means that we will do whatever it takes to stay Clean and Recover.

May 6

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The slogans are the sayings that seemed to help us most when we first came to the Fellowship.

— Gray Book, p. 81 (Chapter Five, Lines 5-7)

When we're first new in Narcotics Anonymous, we were confused by some of the language we heard. We heard a lot of one liner sayings such as, Just For Today, Take It Easy, Priorities, Let Go And Let God.

These slogans were the first Tools we learned to apply to our newly Cleaned Lives. We needed to develop a different perspective on the way we viewed ourselves and the world around us.

Slogans were the simplest way to help us change our way of doing things. The slogans have been called the Banisters to the Steps.

We can utilize the slogans in time of Spiritual or Emotional upheavals. They can take us out of traps that the disease tries to distract us with.

They are simple to remember and easy to apply in our everyday dealings. Slogans can also be the pause button we need when dealing with difficult, people, places or things.

We can practice the Actions of the slogans to keep us growing in Recovery. When our minds start to focus on yesterday or tomorrow, we can always say to ourselves, "Just For Today." When we start to take Life or ourselves too seriously, we can say, "Take It Easy. " When we get overwhelmed with Life, we can slow down and say to ourselves, "Priorities." When we feel as though we need to control outcomes, or control people, we can "Let Go And Let God. " While sitting at a meeting and our minds are racing, or we're too busy thinking what we're going to say when it's our turn to Share, we can say to ourselves, "Achieve Adequacy Not Perfection. " There are many more slogans we can use to set us back on track, or stay on the right track. We use the Steps to keep moving because there's always another train coming.

The slogans are not only for newcomers; they continue to help us no matter how long we've been Clean in N.A.

◆ IN THIS MOMENT ◆

We will Apply these simple slogans, on a Daily Basis.

May 7

If we take a Fifth Step, but we really don't get honest, we will have the same negative results that dishonesty brought us in the past.

— Gray Book, p. 43 (Step Five, Lines 26-28)

Our Fifth Step calls for a deeper level of Honesty. First Step Honesty was Practiced with our Actions.

Attending Meetings, reading N.A. Literature, and finding a Sponsor is how we Practiced Honesty. Now our Fifth Step is asking us to Practice Honesty with our mouths; the same mouths that helped sicken us, as an intake for some of the drugs and the lies we told with them. Now in our Fifth Step we are asked to use our mouths to Help Heal us.

Admitting to God, ourselves and another human being the exact nature of our wrongs, calls for a deeper form of Honesty. Like the previous Steps, it calls for a deeper level of Surrender.

The Faith we Practice Helps overcome our fear. We start to recognize that self-centered fear is at the root of all our defects. As we Share our fears with God, ourselves and our listeners the defects seem to peel away.

We get to the exact nature of our defective character. We also, through this Admission, reveal some Assets that were buried, and some newly formed since coming to Narcotics Anonymous. If we don't get Honest in this Step, we don't get to know ourselves, and the negative and positive aspects of our personalities. The Light of Exposure Helps us remove the masks we wore that was so necessary in our active addiction.

These tools of the disease are no longer necessary in this New Way of Life. The Spiritual Principle of Trust takes on a deeper meaning as we reveal our secrets to another human being and the God Of Our Own Understanding. We tell the Truth out and dry.

We don't rationalize our actions or behaviors. Through Honesty, we take Responsibility and become Accountable for the part we played.

◆ IN THIS MOMENT ◆

We are not Responsible for having this disease, but we are Responsible for our Recovery.

May 8

God consciousness fills the empty place inside that nothing ever could before.

— Gray Book, p. 145 (Chapter Nine, Lines 19-20)

As addicts, we spent our whole Lives trying to fill our void, with people, places and things. At first, some of these seem to work, temporarily anyway.

The drugs were the last to go. Some of us lost jobs, family, and possessions, but we kept using drugs. After a while even the drugs stop working; they only created a bigger void and more problems as a result.

After arriving at Narcotics Anonymous, we had to first stop using drugs. Our Second Step replaces the void left by the drugs. We soon found out that no matter what we used to try to fill the void left by the drugs, only makes the void bigger.

Little we knew that only a Spiritual Solution was to be of any effect. Some of us tried other methods, we tried filling it in with sex, we found that we were left feeling worse than before. Some of us tried other drugs as a substitution and found ourselves still using drugs.

We tried working extra hours thinking if we made extra money all will be well. As our void got bigger, many of us were in more pain than when we were in active addiction. No longer having drugs to medicate ourselves, we were actually feeling worse than before. The only solution for us would be a Spiritual one, and only Living by Spiritual Principles did we have a chance at Recovery.

Step Two is the start of this Process after we stop using. Step Two is what relieves our obsession of drugs and anything else we find ourselves obsessing about. The process of coming to believe is what restores us to sanity.

This Higher Power will be our Strength. As our Spirits Awaken, as a result of working Steps, we begin to rely more and more on Spiritual Principles. We begin to feel Hope and begin to experience a Freedom we never experienced in our past using Lives.

◆ IN THIS MOMENT ◆

Awareness of this God-Centered way of life will be our New Way of Life.

May 9

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Sit down with a notebook, pray, pick up your pen and start writing!

— Gray Book, p. 41 (Chapter Four, Lines 33-34)

Writing our Fourth Step is one of the most Loving things we can do for ourselves. We are now ready for an Honest Self-Appraisal, only after we have taken the First Three Steps. Step Three prepares us for this vital Step; it Frees us from fear.

Our inventory must be Free of fear to be of any long-lasting effect. There's a Spiritual preparation for Step Four. With the help of our Sponsors and the God of Our Understanding, we sit down by ourselves, with pen and paper, and we begin to write.

We can write too little, but never write too much, we ask our Higher Power for Strength and Guidance. We ask our Higher Power that we can be as Honest as we can. Remember it's an inventory of OURSELVES.

As we write, the healing process takes place. Our Basic Text tells us that writing; " will unlock parts of our subconscious which remain hidden " that otherwise would be locked, unless we write. Our patterns, anger, resentments, fears and misconducts are written down, from as far back as we can remember We write about people, places and things that we interacted with. We write about our fears, real or imagined.

We write about our sexual behaviors and our motives as we saw them. We write how we've been affected by other's reactions or behaviors toward us.

The Fourth Step asks us to write a Searching and Fearless Moral Inventory. So, we write about our Assets as well as our Liabilities, we learn from both. We see the traits we want to keep, and the traits we don't need, in our new Lives.

As we write, we might want to Pray for Inspiration. As our fear subsides, our Faith increases, and we are given Courage. The Fourth Step calls for deeper level of Honesty and a deeper level of Surrender.

The Higher Power that was with us in the previous Steps, is still with us at this moment.

◆ IN THIS MOMENT ◆

We ask our Higher Power for Strength and Discernment to work this crucial Step.

May 10

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.

— Gray Book, p. 47 (Step Six, Lines 2-3)

Awareness is the key. Through an Honest Self-Appraisal of ourselves and sharing what we find with our Sponsor, the defects that have plagued us for years are revealed. This is how our disease controls us.

We plunge into the abyss of Spiritual darkness. Identifying these defects is only half of the battle.

With the help of our Sponsor, we see what part we act out on, in this downward spiral. Shortcomings are the pathway that defects take to destroy our Spirits from within. Our Sponsor helps us understand we are not unique; they share how they stood naked in front of the mirror face-to-face with their disease. They shared with us how they cried out for the God Of Their Own Understanding, to please remove these defects of character.

Defects that have plagued us and created SO much destruction in our lives and in the lives of others. Working with our Sponsor is the key to Awareness. We identify both the defect we act on, and how we paint ourselves into a corner with our shortcomings.

We roll up the sleeves of Willingness and go to work. Many of us have found that a diligent Tenth Step helps us recognize the patterns, allowing us to choose a different course, using Spiritual Principles. We Grow when we Apply the Principles of the Steps and Traditions, to our daily Lives.

Our Higher Power will be our Greatest Source of Strength.

◆ IN THIS MOMENT ◆

Acceptance will start the Process of Letting Go and Letting God do for us, what we can't do for ourselves.

May 11

We remember our part in the divine partnership with God and we are more tolerant and patient with other people.

— Gray Book, p. 56 (Step Eleven, Lines 28-29)

Our Recovery is our contract with the God Of Our Own Understanding, not with anyone or anything else. We pleaded through our Surrender in the First Step to get clean.

We begged for the obsession to use to be lifted in the Second Step. Now in our Third Step Decision, we are Deciding to form a partnership with this Loving, Caring Power we met in the prior Step. We call on our Higher Power for Strength and Guidance as we Surrender to the Spiritual Principles of Narcotics Anonymous.

Throughout our Recovery we fall short because we're human. We fall short because we suffer from an incurable disease called addiction. Since this disease manifests itself in every area of our Lives, we need to Live by Spiritual Principles, in every area of our Lives.

We need to maintain a Conscious Contact with our Higher Power to achieve the Power to Live by Spiritual Principles. When we fall short, we ask the God Of Our Own Understanding first to Forgive us and second to give us the Power and Courage not to fall short. If we are asking God to be Patient and Tolerant with us when we fall short, we must apply the same Principles to ourselves and others. We have to remember that other people, like us, are still growing emotionally.

It would be senseless to get angry or have great expectations from people who like us, are suffering from growing pains. Patience and Tolerance are things that are not contained in us, we get it from outside ourselves. We get it from the God Of Our Own Understanding, if we ask for it.

◆ IN THIS MOMENT ◆

The same Patience and Tolerance that we ask for ourselves, we ask for others as well.

May 12

We have to learn to maintain our new lives on a spiritually sound basis to insure our continued growth and recovery.

— Gray Book, p. 58 (Step Eleven, Lines 28-30)

Spirituality is one of the last Fruits we receive in this Program. However, it's one of the first things we lose in the relapse process.

So our Spirituality must be maintained in order to keep Growing in this Process. In Narcotics Anonymous we are Granted a Daily Reprieve, this is only possible by our continued Willingness and Surrender to Spiritual Principles. In N.A. if we're not Growing, we are going, the disease of addiction is progressive, incurable and fatal. This Program offers a set of Principles that are written so simply that we can follow them in our daily lives.

The Evidence is seen all around us, addicts Living Clean, Happy, Joyous and Free. When we think about the first part of our Lives, it was filled with hopelessness and despair. After arriving at Narcotics Anonymous, we were told that we didn't have to feel like that anymore.

We were told that we didn't have to use, and there was a way out. We meet people who were like us, who suffered, and now they are Living Spiritually Sound Lives. We wanted what they had, so we had to do what they did, and we had to put the effort to get it.

The Program of Narcotics Anonymous is more than just abstaining from drugs, even though that is our Cornerstone. The Steps offer a Spiritual Awakening along with the opportunity to Grow, and become the people that we were meant to be all along. Narcotics Anonymous not only saves our Lives, but it offers a Life beyond our wildest dreams. It offers Freedom from active addiction, and introduces us to a God Of Our Understanding.

This Message of Hope, and Promise of Freedom, can only be topped with a Relationship with a Power Greater Than Ourselves. This Source for Power, once tapped, offers Unlimited Growth.

◆ IN THIS MOMENT ◆

We will Share this Precious Gift with those who seek Recovery.

May 13

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Progression of recovery is a continuous journey uphill with loving effort. Without love or effort we start the downhill run.

— Grey Book, p. 128 (Chapter Seven, Lines 30-32)

Recovery is an uphill journey, when we stand still in our Recovery proces, we begin to backslide. The Recovery Process ceases, when we stop working the Program.

The disease of addiction is progressive, no matter how long we've been clean. Recovery is possible on a daily basis, our daily reprieve consists of Total Abstinence, and the Application of Spiritual Principles. A twenty-four hour Program means that the Recovery Cycle can begin again the next day, if we work on it. We can't stay clean on yesterday's shower, so we can't stay clean on yesterday's Recovery.

We renew our Commitment to our Recovery, by Surrendering to the Principles of Narcotics Anonymous on a daily basis. The disease of addiction is more than just our drug use, so our Recovery has to be more than Complete Abstinence. The Principles embodied in our Steps and Traditions transform our Personalities and Awakens our Spirits. The Program of Narcotics Anonymous is not for those who need it, it's not even for those who want it.

Narcotics Anonymous is for those who work it. Living The Program keeps us on the Spiritual Path.

Love and Effort are Faith in Action, the God Of Our Understanding makes Recovery possible for us today. Sharing this Gift of Love and Service with others is the only way for us to keep this Precious Gift. The Process of Recovery takes work, the Process of relapse takes no work, it's automatic.

Through Prayer and Meditation we are Granted the Power to apply the Spiritual Principles of Narcotics Anonymous into our Lives. The Source of this Power is our Greatest Source of Strength. We begin each day by Surrendering our Will and Lives over to the care of this Loving and Caring Power.

Some say that our Will has its beginning at the end of God's Will.

◆ IN THIS MOMENT ◆

We will keep moving uphill on this journey, to prevent backsliding downhill.

May 14

”

The mind signals drugs when the body may actually be asking for vitamins, food, rest or companionship. So we need daily H.A.L.T.S. maintenance.

— Gray Book, p. 36-37 (Step Two, Lines 35-1)

Our First Step deals with the Physical aspect of our disease. The first thing we do in this Program is stop using drugs. Complete and Total Abstinence is needed for Recovery in Narcotics Anonymous.

Many of us neglected our basic needs while using. For some of us, our diet was unbalanced, our bodies didn't get the exercise it needed, and many of us didn't replace the nutrients that the drugs took away. Our Mental and Spiritual Health were also negatively affected, to say the least. Our answer to all of our problems was using more drugs.

Years of drug usage causes a lot of damage, it'll take years of Abstinence, to get healthy again. As we get clean, we have to get in touch not only with our Emotions, but with our Physical Selves as well. When we're feeling in rare form, the first thing we do is practice H.A.L.T.S.

Don't get too Hungry, Angry, Lonely, Tired and don't take yourself too Seriously. With these spot checks we can avoid extra grief we can bring to ourselves. It can also help us practice the Spiritual Principles we've learned so far, to make us better people.

Recovery is about Self-Care; it's about having a healthy balance in our lives. Recovery is also about building healthy relationships with people, places and things. One of our members wrote that; Spirituality is the right relationship with reality. When we were using, we weren't functioning in reality.

We can build healthy relationships with reality. When taking the First Step, we learn to have a relationship with Honesty.

Next we start to take care of our physical needs. We get proper rest and begin to have a balanced diet.

Some of us get a physical from our doctors. All this contributes to our Recovery and Health.

◆ IN THIS MOMENT ◆

Through N.A. we will ask our Higher Power for help, so our basic needs will be met.

May 15

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We have been afraid to open that closet for fear of what that ghost may do to us.

— Gray Book, p. 41 (Step Four, Lines 7-8)

Our Fourth Step asks us to do a searching and fearless moral inventory of ourselves. The Faith and Strength we need to accomplish our Self-Appraisal is supplied by the God of Our Understanding. Looking at our past and the things we did in and after active addiction, causes us shame and guilt.

Although we are different people now and don't practice those behaviors anymore, some of us still feel haunted. There still could be some fear of reliving some of our experiences. Our Higher Power can help Guide our feelings, during this Process, if we let it.

The Courage we will receive will be after walking through the fear. Before beginning Step Four, we should review the first three Steps with our Sponsors. We can choose whatever setting we need to sit down and pick up the pen and write.

We Pray to our Higher Power for the Strength and Honesty we need to start our inventory of ourselves. We write about our fears, resentments and conduct. We also write about our Assets, many of them newly acquired since we've been clean.

We go as far back as we can remember with our writing. Everything that has affected our lives and the lives of others, is material for our inventory. We can Pray throughout the Process, we can call our Sponsors if we get stuck.

As we write, some of us felt the weight come off our shoulders. The shame and guilt seem to subside, and we began to feel better about what we're doing. The Fourth Step is one of the most Loving things we can do for ourselves.

It Frees us from the burdens of the past, and gives us Hope for the future. Our Fourth Step should be followed by a Fifth Step as soon as possible, in order to reap the maximum Benefits.

◆ IN THIS MOMENT ◆

We will Pray for Faith, we will Trust that what's on the other side will be better than what we have now.

May 16

We now know if we pray to do God's will, we will receive what's best for us.

— Gray Book, p. 58 (Step Eleven, Lines 14-15)

When we first arrived to Narcotics Anonymous, we were told that the only thing we had to change was everything. This statement scared most of us, after all, we had built our whole lives around addiction. Our wills were accompanied by our defects of character.

Our defects were the tools of the disease, they were our survival skills. The first defect to go, was our use of drugs.

Recovery was not possible unless we got Clean first. Total and Complete Abstinence was foreign to us, and we didn't think it was possible.

Our Second Step was the Solution to the void Step One left. When our obsession was lifted we gained Hope, that anything was possible. However, these defects were part of us, and we wondered what would we become if we let them go.

This hesitation kept us sick, we were still acting out. Many were still smoking cigarettes, which was ultimately hurting us. Some of us were acting out sexually, blocking ourselves and others from recovering.

Some of us were still stealing and being dishonest in our interactions with others. We had to hit bottom with these parts of ourselves, before we were Willing to ask for Help. We Pray to our Higher Power, who Helped us get Clean, to Help us with this other stuff.

As we Progress in the Steps, we see that each Step requires a deeper Surrender. Freedom is our ultimate goal, Freedom from drugs, Freedom to choose our own Higher Power. Freedom from self, others, and the world at large. When we clear the wreckage that's in the God Of Our Understanding's way, that Power can work in our Lives. As we Pray and ask for Power to carry out God's Will for us, we see God's Will is what we wanted for ourselves all along. Who wouldn't want Health, the means to make a Living, or a Family or Mate to share our Lives.

◆ IN THIS MOMENT ◆

We will align our wills with God's Will and all will be well.

May 17

We were entirely ready to have God remove these defects of character.

— Gray Book, p. 46 (Step Six, Header)

We were entirely ready means that the First Five Steps qualified us for this Process, up till now. Being entirely ready to Surrender at this deeper level is another story. Up to now we know what our defects of character are.

We know that these tools of the disease don't work in Recovery of Narcotics Anonymous. The defects helped us survive in active addiction, but we must be Willing to let the God of Our Understanding remove them. The way we let our Higher Power remove our defects, is by Practicing the Spiritual Principles we learned up till now. We have new tools to replace our old tools.

The more we Practice the Spiritual Principles of Narcotics Anonymous, the less we will Practice shortcomings, which are defects in action. We make a list of the exact nature of our wrongs we learned about in our Fifth Step. We then learn about the opposite of that defect, or what activates that defect, and apply the Spiritual Principle instead.

The more we Practice Principles, the less we Practice defects. We start to feel better about ourselves as we Live the Program. Being Entirely Ready is just the beginning, our Willingness has to be followed by Surrendering, and then by Action.

The Sixth Step is like Spiritual surgery performed by our Higher Power. Letting go of defects is like saying goodbye to an old friend. Our Awareness can be followed by a feeling of grief.

We grow closer to our Higher Power as we rely on its Strength. Our Faith grows as we put this Belief into Action.

◆ IN THIS MOMENT ◆

We will Trust that our Higher Power knows what's best for us, we will Let Go and Let God.

May 18

We made direct amends to such people wherever possible, except when to do so would injure them or others.

— Gray Book, p. 52 (Step Nine, Header)

All the Steps of Narcotics Anonymous provides Freedom. Step Nine is no exception.

Step Nine helps us clear the wreckage of our past, and Frees us to Live Today. Step Eight prepared us for this Process by making a list of people, places and things we have harmed, or negatively affected. We became Willing to actually look for these people, places and things, to make Amends to. We go over the List with our Sponsor, and they will show us Wherever possible on the List, that we can make Amends.

Our Sponsor will also show us Where on the List, that Making Amends would cause more harm to those and others. With the Help of our Sponsors and the God Of Our Understanding, we take this crucial Step. Some Fruits of this Step are, Freedom, Integrity, Courage, Humility, Dignity, Peace of Mind, and Spiritual Awakening to say the least. Some Principles that make this Process possible are, Willingness, Responsibility, Humility, Anonymity, Forgiveness, Openmindedness, Justice, Trust, Faith, Love, Patience and Tolerance.

We ask our Higher Power for the Strength to apply these Principles. We ask our Higher Power, to have no expectation and ask for the Acceptance of the results. Our Amends is unconditional, for the exception to wanting to change. We make Amends for others, but we also do it for ourselves.

We walk through the fear and our Higher Power will supply the Courage. There's also indirect Amends we might have to make, in cases where we can't contact some people, places or things we have harmed.

Remember, we don't do any of these Steps by ourselves. We will be in Conscious Contact with the God Of Our Understanding, our Sponsors, and the Fellowship of Narcotics Anonymous.

For this we are Forever Grateful.

◆ IN THIS MOMENT ◆

Our Spirits will continue Growing in this Process.

May 19

This Step must cut into our character defects and expose our motives and our actions for what they really were. We have no right to expect these things to reveal themselves.

— Gray Book, p. 45 (Step Five, Lines 11-14)

When revealing ourselves to God and another human being, there's nowhere for the ego to hide. We had to tell the Truth cut and dry without justification or rationalization.

However, there's still work to do. Admitting, like in the First Step is just that, a First Step. Our actions from there on, have to be aligned with the Will of our Higher Power and the Spiritual Principles of the Narcotics Anonymous Program.

We start to Practice a Living Program, not a dying program. We incorporate and apply the Spiritual Tools we are given, to our everyday activities. We take the opportunity to Practice the opposites of our defects.

We apply the Spiritual opposition to our old ways. We find ways to become more Aware of our defense mechanisms that served us while we were in active addiction. We start to realize that the ego will always try to protect itself from us. We ask for the Power, from our Higher Power, to Practice these Spiritual Principles in every area of our Lives.

We begin to ask ourselves, "Are we just talking the walk, or are we walking the talk?"

◆ IN THIS MOMENT ◆

We will Practice Honesty which means to align our actions to the Truth, and not just admitting our wrongs.

May 20

In N.A. we have feelings we never dreamed of having. We are able to entertain ourselves today. We do things beyond our wildest imagining.

— Gray Book, p. 155 (Chapter Ten, Lines 14-16)

As addicts, we used drugs to get out of ourselves, we didn't feel comfortable in our own skins, in the Process we stood away from others as well. At the end of our bottoms, the isolation and desperation seemed too much for any human being to handle. For most of us, this is what it took to want to seek a Solution. We still weren't sure that N.A. was for us; we just wanted to stop hurting.

Arriving at Narcotics Anonymous, we were given suggestions. As we learned to follow these subtle commands, our Perspectives started to change. We found out that we didn't have to use anymore, and that was a great revelation.

We joined others in their Journeys, and they Shared their Recovery with us. They showed us the way that was shown to them, when they first came around. One addict Helping another proved to be that which was missing in our Lives all along.

As others Helped us, it Helped them as well. As we Helped others, our own Recovery was enforced.

As we got introduced to the God Of Our Understanding and took the Steps with a Sponsor, we also started to feel comfortable in our own skins. We experienced Compassion and Empathy toward others. We learned by working with others; we got out of ourselves.

The more we gave of ourselves, the more of ourselves we received. Working the Steps and Practicing Spiritual Principles in our Lives, we began to Change. We started to become the person we always wanted to be.

We grew to Love Freedom, and our Lives began to be something we wanted to experience. We experienced Love of self and others. Some of our dreams became possibilities, now that we weren't trapped in the disease of addiction.

◆ IN THIS MOMENT ◆

We can build Healthy Relationships, with God, Ourselves, Others and with the World at Large. Living Happy, Joyous and Free becomes a Reality.

May 21

Gradually, as we become more and more God-centered than self centered, our despair turns to hope.

— Gray Book, p. 147 (Chapter Nine, Lines 4-5)

For us, a big part of Surrendering is to Admit that we alone can't and don't try to do this on our own accord. This is part of what Anonymity means that God does for us what we can't do for ourselves, or for others for that matter. So, we don't take credit for our Recovery; we make the effort with each Step we take. We leave the results up to the God Of Our Own Understanding.

Chapter Five in our Basic Text tells us that the Program doesn't work if we adapt it into our Lives, that we must learn to adapt our Lives into the Program. This means that Narcotics Anonymous has to be at the center of our Lives. This same concept goes well with the God of Our Understanding.

Putting God Conscience before our own, protects us and others from ourselves. Hope can turn to despair if we don't follow it up with action. Daily practice of Spiritual Principles, turning it over to God's Will eventually makes life, people, and ourselves more Serene and acceptable.

It Frees us from self-centered fear because it gives us Hope. Hope and Faith becomes part of our New Way of Life.

At the end all will be well.

◆ IN THIS MOMENT ◆

We won't put God into our Lives; We will put our Lives into God.

May 22

Life takes on a new meaning, a new joy, and quality of being and feeling worthwhile. We become spiritually refreshed and are glad to be alive."

— Gray Book, p. 59 (Step Twelve, Lines 4-5)

It's been said that Narcotics Anonymous brings the dead back to Life. Active addiction has been compared to suicide on a time payment plan.

With every drug use our Spirits went into a deeper sleep. Step Twelve discusses a Spiritual Awakening as a result of those Steps. We don't have to wait to take Step Twelve to experience a Spiritual Awakening.

The Freedom from active addiction we experience when we take Step One, opens a feeling of Hope. This Awakening is only effective if we follow it through by taking Step Two. Life starts to take on a new meaning as we lose our obsession to use drugs.

Our Spirits that were smothered by our addiction begin the Process of Awakening. Practicing the Living Program of Narcotics Anonymous we find a New Way to Live. Since the disease of addiction is progressive, our Spiritual Awakening has to be Progressive. Practicing the Spiritual Principles of Narcotics Anonymous on a daily basis, Grants us a daily reprieve, from the horrors of addiction.

The Program of Narcotics Anonymous not only saves our Lives, but also Grants us a Life we only dreamed existed. We no longer just exist, but we start to Live. This Precious Gift of Recovery in Narcotics Anonymous can only be kept by Sharing it with other suffering addicts.

We can only keep what we have by using it and Giving it away. One of the Greatest Gifts we receive in this Spiritual Journey is a Relationship with a Higher Power of Our Own Understanding.

◆ IN THIS MOMENT ◆

We show our Gratitude by Sharing and Caring the N.A. Way.

May 23

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A meeting a day, getting and using phone numbers, and reading literature each day are good forms of insurance for cleanliness.

— Gray Book, p. 82 (Chapter Five, Lines 29-31)

When we first came to Narcotics Anonymous, we heard older members give us suggestions. At meetings, the secretary often read some suggestions during the format. Make 90 meetings in 90 days.

The Program suggests that we stay away from people, places, and things we used to use with. Come early stay late, get phone numbers, dial them, don't file them. Get and use an N.A.

Sponsor. These were the suggestions that were Free, the ones we paid for, were the ones we didn't take. We paid the price by returning to active addiction.

Some of us were lucky enough to come back after a relapse. Some of us weren't that lucky, and some got in deeper trouble than when we first came in. Whatever the case we soon learned that taking suggestions helped us stay Clean. We also learned that the opposite was also True.

We were told that we suffered from an incurable, progressive, fatal disease. The only Hope for us was to arrest and treat the disease, Just For That Day. It was a 24-hour Program, and that depended on our Daily Maintenance.

Each day called for a new Surrender, and the Practice of Spiritual Principles in every area of our Lives. No matter how long we've been Clean, we would have to stick to the Basics for our Daily Reprieve. Narcotics Anonymous offers only one Promise, Freedom from active addiction, and we would have to work for that Promise. Our message is Hope and Promise of Freedom, Just For Today.

Through working and Living the Steps, our Personalities do change. In order to keep this Precious Gift and continue experiencing Spiritual Awakenings, we must give this Message away.

We continue to Practice the Basics, and do service for Narcotics Anonymous.

◆ IN THIS MOMENT ◆

We continue doing what we were doing when we first got here, and even more.

May 24

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In N.A. we have feelings we never dreamed of having. We are able to entertain ourselves today. We do things beyond our wildest imagining.

— Gray Book, p. 155 (Chapter Ten, Lines 14-16)

As addicts, we used drugs to get out of ourselves. We didn't feel comfortable in our own skins, in the process we stood away from others as well. At the end of our bottoms, the isolation and desperation seemed too much for any human being to handle.

For most of us, this is what it took to want to seek a Solution. We still weren't sure if N.A. was for us, we just wanted to stop hurting. Arriving at Narcotics Anonymous, we were given Suggestions.

As we learned to follow these subtle commands, our perspectives started to change. We found out that we didn't have to use anymore, and that was a great revelation. We joined others in their Journeys, and they shared their Recovery with us.

They showed us the way that was shown to them, when they first came around. One addict helping another proved to be what was missing, in our Lives all along. As others Helped us, it Helped them as well.

As we Helped others, our own Recovery was Enforced. As we got introduced to the God Of Our Understanding and worked the Steps with a Sponsor, we also started to feel comfortable in our own skins. We experienced Compassion and Empathy toward others. We learned by working with others; we got out of ourselves.

The more we gave of ourselves, the more of ourselves we received. Working the Steps and Practicing Spiritual Principles in our lives, we began to change. We started to become the person we always wanted to be.

We grew to Love Freedom, and our Lives began to be something we wanted to experience. We experienced Love of self and others.

Some of our dreams became possibilities.

◆ IN THIS MOMENT ◆

We can build Healthy Relationships, with God, Ourselves, Others and with the World at Large. Living Happy, Joyous and Free is now a Reality.

May 25

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Relapse is never an accident. Our knowledge of addiction is not enough to stop us from using.

— Gray Book, p. 124 (Chapter Seven, Lines 34-35)

Relapse is never an accident, and it's not part of Recovery. To relapse is to die, therefore it's part of the disease.

The continuing process of relapse is ongoing even through Abstinence. Our Basic Text says that we never fully Recover no matter how long we've been Clean. Addiction is progressive and fatal and can only be arrested each day.

Although knowledge is essential in the Recovery Process, it's not a substitute for Surrender. The same way doctors practice medicine, and lawyers practice law, we as addicts must Practice Spiritual Principles. Our Literature says that relapse is never an accident, it's a sign that we had a reservation in our Program which left loopholes in our daily Lives. Our Program stops when we don't attend Meetings or stop getting involved in Narcotics Anonymous. The relapse process begins before we actually use drugs.

We get high at the end of the relapse, not the beginning of it. The relapse process begins with our Spiritual decay.

Just like food decays when the refrigerator is unplugged. Everything seems fine at first.

However, the decay process already started. Sometimes this process is unbeknownst to us. Usually, our fellow members remind us that we haven't attended Meetings in a while. Our Sponsors or our Home Group members may call us on our attitude and behavior.

We are each other's eyes and ears, so it's important to stay visible or at least connected. Working with others is a Solution that enables us to keep what we have. Surrendering to the Principle of Honesty in the First Step can keep us in the basics.

If we don't use what we've learned in Narcotics Anonymous, we will lose it in a relapse. Spiritual Maintenance means ongoing Recovery.

◆ IN THIS MOMENT ◆

Our best guarantee against relapse, is Living the Spiritual Principles of Narcotics Anonymous.

May 26

You can call it love, or harmony, or peace, or cleanness, or good, or you can call it God.

— Gray Book, p. 35 (Step Two, Lines 25-27)

One of the Precious Gifts of Narcotics Anonymous is that we get to choose a God of Our Own Understanding, and develop a Relationship with that Higher Power. When we first came to Narcotics Anonymous, some of us didn't have a working Relationship with Life, never mind with a Loving, Caring Higher Power. Some of us had a problem with the God word, or any concept of God. Our First Step shows us that we're not God, and that we had to Admit that we didn't have any answers, when it came to our addiction.

The Second Step tells us that the void the drugs left, once removed, had to be replaced with a Power Greater Than Ourselves and that will remove our obsession to use. This Higher Power can be the Group, it can be the Principles of Narcotics Anonymous, it can be our Literature, or it can be God. The only criteria is that this Power be Loving, Caring, and for some members, Forgiving, but it can't be us. Some concepts that work for us is, Good Orderly Direction, another one is Gift Of Desperation, or Grow Or Die.

This dependence has to be more about Reliance than just compliance. The important thing is that it's the Process of Coming to Believe that restores us to sanity. The Process is the Action we take, going to Meetings, reading Literature, connecting with others, finding a Sponsor, and joining a Home Group and doing Service in that Group.

Our obsession gets removed and is replaced by Spiritual Freshness. Our Spirits Awaken, and we finally feel the Hope and the Promise of Freedom we heard about. With this growing Awareness we start to feel a euphoria, different from the one the drugs first gave us.

This one really means that All Will Be Well.

◆ IN THIS MOMENT ◆

We will be Honest when choosing a Power Greater Than Ourselves, for that we are Responsible.

May 27

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At these times in our Recovery, the Third Step is our greatest source of strength and courage.

— Gray Book, p. 39 (Step Three, Lines 20-21)

Life after drugs can sometimes seem tumultuous. Like the inertia felt when we first stop using drugs.

It seems like everything catches up to us. At these times in our Recovery, our world seems to be falling apart. We cannot give up Hope, our Third Step decision was based on Trust. The Trust that the same Higher Power that removed our obsession to use, is still with us.

Narcotics Anonymous is the eye of the storm. Remaining Calm is Trust In Action.

In our Recovery, this is our Greatest Source of Strength. The Courage comes after we walk through fear, or despite the fear. Our Faith Grows as we Practice the Spiritual Principles of Narcotics Anonymous.

The Evidence that All Will Be Well, Restores our Hope. We do the footwork, and we leave the results to the God Of Our Own Understanding. We Rely on this Power to Guide us through not only rough times, but also through the smooth times. The Tenth Step in our Gray Book says, "The line between where God does or does not help us is absolutely irrelevant.

This means that we Let Go and Let God, unconditionally, this is True Surrender. We as addicts are used to instant results, much like when we were using. Over time not overnight becomes our new mantra. Trust and Patience are Spiritual Principles that can also act as the anecdote for disease thinking.

The pause between acting or reacting is an action of Faith. Sometimes when we don't know what to do, the best thing to do, is nothing. We Pray and we continue doing the next right thing.

We don't stop to wait for the answer. We help others to get out of ourselves.

God's Will has its beginning at the end of ours.

◆ IN THIS MOMENT ◆

We will Acknowledge that the Steps are the shortcut to God, and God is the shortcut to the Steps.

May 28

We have all spent much of our lives being anything but humble. We have been humiliated by many of the things that happened to us while using

— Gray Book, p. 48 (Step Seven, Lines 15-17)

" most of us avoided true humility until we worked the First Step. " Our Unconditional Surrender made it possible to seek Help from a Power Greater Than Ourselves, in the Second Step. In the Third Step, through our Decision, we Humbly asked God to Guide our Will and our Lives. In Steps Four through Six, we Accept being human by acknowledging and loudly Admitting our faults.

First to God, ourselves and to another Human being. Steps Seven through Nine we start to display our new-found Humility, by practicing Forgiveness in all aspects.

Our Literature states that, "Humility is a part of staying clean, as food and water are to staying alive. " Our Literature says, we devoted our energy towards satisfying our material needs. We never thought of Spiritual growth or asking a Higher Power for direction. Drugs were our Higher Power.

We will volunteer for Humility or suffer humiliation.

◆ IN THIS MOMENT ◆

By Admitting our powerlessness and unmanageability we achieve our first Glimpse of Humility.

May 29

N.A. reawakened old memories of what it felt like to be a member of the human family.

— Gray Book, p. 85 (Chapter Five, Lines 19-21)

Our Literature states that when we were using our living skills were reduced to the animal level. Many of us were just surviving and existing, we weren't Living. It seemed that our whole purpose became about using and finding the ways and means to continue using. Addiction is a contradiction to life.

As addiction gained more and more territory of our Spirits, we went to sleep. We forgot how it was to be human.

We became slaves to our addiction, and our worlds slowly shrank. Narcotics Anonymous was our welcome back to Life.

It was our homecoming. Here, we met others that helped us with our Awakening. The first thing we were told was to achieve and maintain Total and Complete Abstinence from all mind and mood altering drugs. It was suggested that a meeting a day for the next 90 days would be a good idea.

We were told to connect with others, get phone numbers, to dial them and not file them. The close contact along with the hugs, from these other members, encouraged us to keep coming back. The Fellowship of Narcotics Anonymous Loved us till we learned how to Love ourselves. We learned that Spiritual Awakenings occurred as a result of Living the Program.

The Steps and Traditions of Narcotics Anonymous gave Life to our Spirits. It gave us a Way Of Life that we never knew existed. This new-found Gift can only be renewed each day.

We keep this Precious Gift by Sharing it with other new arrivals.

◆ IN THIS MOMENT ◆

"Touching, sharing, and loving are actual tools of recovery for us."

May 30

Through the freedom in our new lives we are finally able to see the special qualities that we possess as individuals

— Gray Book, p. 161 (Chapter Ten, Lines 2-4)

In Narcotics Anonymous one of the people we will meet, will be ourselves. After hitting our bottoms, we weren't too happy to see what we have become. Now Abstinents, we feel all our feelings, and most were guilt, shame, and remorse.

Most of us didn't like ourselves, and now we get to face it. Living with ourselves without the use of drugs was even more painful, we no longer had the drugs to numb us. N.A. does not only offer Abstinence from drugs, it also offers Freedom from the obsession to use, and it offers a New Way to Live through the Spiritual Awakening we experience from Living each Step. This Awakening of the Spirit allows us to nurture the person we were meant to be all along. This Process is over time and not overnight, and at times our pain requires Total Surrender.

There's Freedom contained in each Spiritual Principle. Freedom from active addiction, Freedom from self, Freedom from others, and Freedom from the world at large. We no longer need the masks; we no longer had to be the people others wanted us to be.

We finally could be ourselves and be okay with that. We're a work in Progress. We're still not the person God knows we could be.

We're still not the person we want to be. We're the person we are supposed to be right here, right now.

With the Help of the God Of Our Understanding, our Sponsors, the Steps, and the Fellowship of N.A., this transformation is possible, Just For Today. We see ourselves realistically, with our liabilities and our Assets. We Surrender to this Process and receive Self-Acceptance and Acceptance of others.

We learn to Live in our own skins; we get glimpses of the people we could one day be. Today there's Hope.

◆ IN THIS MOMENT ◆

We don't only have Self-Acceptance, but we also Accept what we are lacking, we also develop Compassion for ourselves and others.

May 31

If we do not maintain our spiritual condition daily, some of us find the resulting pain and confusion lead to a return to drugs and our old way of life.

— Gray Book, p. 144 (Chapter Nine, Lines 27-29)

We use drugs at the end of a relapse. Our Spiritual decay starts to happen first, then our defects take over, and we could pick up soon afterwards, then we're just using. We discover that if we're not working on our Recovery, we're working on a relapse.

The Recovery Process takes work; the relapse process is the lack of work. Since Recovery is an uphill Journey, standing still, we begin to backslide.

Our Daily Reprieve is contingent on our Spiritual Condition that day. Our Recovery consists of our Daily Surrender to the Principles of Narcotics Anonymous. The Principles consist of Honesty, aligning our actions to the Truth.

Regular Meeting attendance is one way to align our actions to the Truth. Living The Program throughout our day in all of our actions, is another way of practicing Honesty. Calling our Sponsors and being accountable to them and others is also practicing Honesty.

Serving others through Service and Sponsorship reinforces our Recovery and helps keep us Honest. Narcotics Anonymous is a Program of Action, practicing Spiritual Principles daily, changes our thinking. Since a sick mind can't cure itself, we have to Live our way into Good thinking. We transform daily, we have to continue progressing in our Recovery, so that we don't revert to our old behaviors.

When we stop Living The Program, the Recovery process ceases, and the relapse process has its beginning. We must continue to have a Conscious Contact with our Higher Power and continue asking for Power to walk this walk. With God, our Sponsors and the Fellowship of Narcotics Anonymous, we continue on this Spiritual Path.

◆ IN THIS MOMENT ◆

We will continue moving forward on this Spiritual Journey. With an addict on our left and an addict on our right.

June 1

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We don't have to be clean when we get here, but after the first meeting, we suggest that you keep coming back to the meetings and coming clean.

— Gray Book, p. 20 (Chapter Two, Lines 6-8)

Addiction is a progressive, fatal and incurable disease. Sounds pretty hopeless, right?

For many years, and for most of us, it was. After decades of suffering and dying of drug use, addicts finally found a Solution. Narcotics Anonymous offers a daily reprieve from the horrors of addiction.

Narcotics Anonymous is for using addicts that have unsuccessfully tried every other method to stop using. For most of us Narcotics Anonymous was the last house on the block. Everything else we tried, religion, medication, psychiatry, drugs, rehabs and other institutions failed us.

The cornerstone of our Program is Abstinence from all drugs in order to Recover. This seems to be an impossible task at first. Fortunately, the only requirement to start on our Journey is a desire to stop using.

Once Total and Complete Abstinence is reached, Recovery is then possible. We meet at a certain time and place for the purpose of Recovery. We Help each other get Clean, stay Clean and finally Recover, A Day At A Time.

We are told; "Keep Coming Back", even if we're still using. It's suggested though that we come back clean.

Although the only requirement is the desire to stop using, it's not okay to keep using. We will Welcome and Love you, but we won't enable you. Our Recovering members will lay down a clear path to Recover. It's up to the newcomer to take the necessary Actions to achieve and maintain Abstinence while Recovery becomes possible.

In Narcotics Anonymous we fan the Flames of Desire by Sharing the Joy, we experience Freedom and Growth. We Recover by Practicing the Spiritual Principles locked in the Steps and Traditions. When we Share these Spiritual Tools with others, the Spiritual Fruits manifests in our Lives.

The Evidence becomes clear to others, and they want what we have found. This is the Attraction we have as we Carry This Life Saving Message of Recovery in Narcotics Anonymous.

◆ IN THIS MOMENT ◆

We will Welcome all who come to N.A. We will Encourage Abstinence to those still using. We will offer Recovery to those that are not using.

June 2

It was conceivable in our addictive thinking that something would work for us without any work on our part.

— Gray Book, p. 10 (Chapter One, Lines 29-31)

One of the slogans we hear in Narcotics Anonymous is, "It works if you work it." That means if we want to Recover we have to take Action. In active addiction, we depended on the drugs to make us feel good and take away any physical, mental or emotional pain. We used drugs to be able to live that day.

The drugs did for us what we couldn't do for ourselves. Arriving to N.A., other members told us that we never had to use again.

We read in the N.A. book that if we Lived the Narcotics Anonymous Program on a daily basis we wouldn't use just for that day. Living the Program meant that we had to have a desire to stop using. It meant that we had to embrace the Spiritual Principles of Narcotics Anonymous.

Our Surrender to Total and Complete Abstinence was one of the Spiritual Principles we had to Surrender to. We had to stop letting drugs use us. We needed to find a Power stronger than our addiction to help us get and stay Clean.

Following the suggestions through Action is what removed our obsession to use drugs. The pain of not using drugs forced us to seek this Power Greater Than Ourselves. Making the Decision to turn our thinking and our behaviors to the Care of this Higher Power required our Open-mindedness and Willingness.

We Applied the Spiritual Tools we were given to unlock the Spiritual Fruits contained in each Step and Tradition. The results from our efforts had not only been Freedom from active addiction. Through the results of those Steps, we achieved a Spiritual Awakening.

Through our Spiritual Awakening we were capable of Practicing these Spiritual Principles in all our affairs.

◆ IN THIS MOMENT ◆

We will Live the Spiritual Principles of Narcotics Anonymous by Sharing this Message with those who still suffer.

June 3

We can only make our amends to the best of our ability and they can either accept it or deny it.

— Gray Book, p. 53 (Step Nine, Lines 16-18)

True Freedom hinges on this important Step. The Ninth Step of Narcotics Anonymous is part of that Promise of Freedom our Message talks about. In the first three Steps, we achieve Freedom from drugs and active addiction.

The next three Steps, we start to achieve Freedom from bondage of self. Steps Seven, Eight and Nine is the beginning of Freedom from people, places and things that imprisoned us. Addiction had our Minds, Bodies and Spirits trapped by instant gratification. The Ninth Step frees us from the wreckage of our past.

Since timing is an essential part of this Step, We need Guidance from The God of Our Understanding and our Sponsors. We Amend the harms we caused by changing our ways. We also make Restitution to the best of our abilities.

We approach this Step without expectations of the results. We make Amends because we have to.

Selfcentered fear may try to creep in again. We rely on our Higher Power for Strength and Courage and proceed.

We clean our side of the street. We do not clear our conscience at the expense of others. By the same token, we're not responsible for the responses or results of those Amends.

We make Amends to the best of our abilities; our victims can either accept it or reject it. Our Recovery flourishes as we let go of our self-obsessions and self-centered fears. This life-time process enables us to find A New Way To Live.

◆ IN THIS MOMENT ◆

With the Principles of Narcotics Anonymous, we get the opportunity to repair our past Relationships and establish new Healthy ones.

June 4

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Our negative sense of self was replaced by a positive concern for others.

— Gray Book, p. 26 (Chapter Three, Lines 26-27)

Our Basic Text tells us that our whole lives, one way or another, became centered in drugs. It appeared that our personalities and who we were dissipated with each run. Like tornadoes, we became self-centered, as we ripped through people's Lives.

We were harming ourselves the most by neglecting our own responsibilities. One of our members stated that, "Addiction altered my behavior. Reality became uncomfortable, eventually intolerable.

I needed more and more drugs to survive. When I was under the influence of drugs, Honesty and Integrity were less important and often inconvenient. Between 'runs', Honesty and Integrity were burdens that would have prevented getting more drugs and the relief I needed." Lost and Spiritually broke we found ourselves in Narcotics Anonymous. Here, we came in contact with others that were in the same place we were at one time.

These members of Narcotics Anonymous showed us unconditional Love. They told us we didn't need to hurt anymore. They told us that they had found Freedom, from the horrors of active addiction.

Their hugs, along with the wordless language of Empathy, became the beginning of our healing process. This New Way To Live became our New Way of Life. Freedom from active addiction gave us a sense of self.

Our relationship with reality was the start of our Recovery. The Spiritual Principles of Narcotics Anonymous was the end of our isolation.

We were given this Precious Gift freely. The only condition to keep this Precious Gift was to give it away freely without charge. Through the results of our Spiritual Awakening we developed a natural concern for others.

We began to feel Adequate and Worthy. Most importantly we were capable of Helping others.

✦ IN THIS MOMENT ✦

The strange paradox of keeping what we have by giving it away, became a normal Way of Life for us.

June 5

Honesty, the search for the truth, is our most difficult and yet most challenging objective.

— Gray Book, p. 148 (Chapter Nine, Lines 26-27)

One of the first Spiritual Principles that we learn in Narcotics Anonymous after Abstinence, is the Principle of Honesty. The First Step calls for us to Admit our powerlessness and unmanageability. Our Honesty can be measured by the level of our Surrender.

Our Surrender can be measured by our Action. We first have to connect our using with the trouble it caused our Lives. Since addiction affected every area of our Lives, we must apply Spiritual Principles to every area of our Lives.

Attending Meetings, joining a Home Group, reading Literature, getting a Sponsor, are all part of Honesty. With each Step a deeper level of Surrender and Honesty is needed, if any Progress is to be made in our Spiritual Growth. Our Literature tells us that Honesty is the antidote for disease thinking. Honesty is one of the Principles that are indispensable.

Honesty means that we have to align our actions to the Truth. As we get Honest with ourselves, we learn to get Honest with others.

Honesty has to be progressive if we are to continue Growing in our Recovery. Our Literature tells us that everything we know is subject to revision, especially what we know about the Truth. We have to remain Honest in our search for the Truth.

Keeping an Open Mind is also a Principle that goes hand in hand with the Principles of Honesty and Willingness, with these we are well on our way. Taking Daily Inventory helps keep us Honest. Together with Narcotics Anonymous, We Do Recover.

◆ IN THIS MOMENT ◆

We will continue to practice the Spiritual Principle of Honesty in every area of our Lives.

June 6

The Twelve Steps of Narcotics Anonymous are a progressive recovery process established in our normal living.

— Gray Book, p. 147 (Chapter Nine, Lines 31-33)

The Twelve Steps and the Twelve Traditions are what makes up our Spiritual Program. The Spiritual Awakening that results from those Steps and these Traditions, are what makes Recovery possible. The disease of addiction affected every area of our lives.

The Program of N.A. offers Spiritual Tools as the Solution to a life affected by the disease of addiction. Our Literature says that these are a set Principles that are written so simply that we can follow them in our daily lives. It also says that the most important thing about them is that they work. Narcotics Anonymous brings the dead back to life.

Not only does it offer a New Way Of Life, it gives us a life we never knew possible. Narcotics Anonymous is the only proven Solution to a disease that has plagued the world for decades. For the Program to work, we have to Surrender to its Spiritual Principles.

One of the first Spiritual Principles is Total and Complete Abstinence of any mind mood altering substance. The Program cannot work if our minds and bodies are clouded with drugs. As we practice this Living Program, our Spirits Awaken.

We tap into a Power Greater Than Ourselves and it becomes our Greatest Source of Strength. The disease of addiction is fatal, incurable and progressive.

We are granted a Daily Reprieve contingent on our Spiritual Maintenance and Sharing this Program with those who want it. Our Primary Purpose in Narcotics Anonymous is to Recover and help others find this Way of Life.

◆ IN THIS MOMENT ◆

We will Practice these Spiritual Principles in our Way of Living. We will Share this Way of Life with those who seek it.

June 7

JUST FOR TODAY I will have faith in someone in N.A. who believes in me and wants to help me in my recovery.

— Gray Book, p. 143 (Chapter Nine, 2nd Sentence)

In active addiction many of us had lost Faith in anything or anyone. The disease of addiction put our Spirits to sleep. We didn't have a Relationship with Reality.

Our Personal Relationships slowly deteriorated as we progressively disappeared into our disease. We were no longer present to participate in our Lives or in the Lives of others. We had lost one of the main reasons of being Human, our partnership with another person. The disease isolated us, until in desperation we found Narcotics Anonymous.

Here, we met other addicts like us that were no longer alone. They had each other, but most importantly they had themselves. They told us that they too had suffered from the horrors of addiction.

They appeared to be Happy, Joyous and Free. They showed us unconditional Love and Acceptance.

We finally felt at home being so Welcome. They Believed in us and wanted to help us achieve what they achieved, Freedom from active addiction. The Members of N.A. showed us by applying the Spiritual Principles of Narcotics Anonymous; we too can Recover. We found that it was a twenty-four hour Program.

Its effectiveness was based on Total and Complete Abstinence from all mind and mood altering drugs. It also was contingent on an ongoing application of these Spiritual Principles on a daily basis. The best thing about it was we didn't have to and couldn't do it by ourselves.

NA also means, Never Alone.

◆ IN THIS MOMENT ◆

JUST FOR TODAY we will be unafraid, our thoughts will be on our new associations, people who are not using and who have found a New Way of Life.

June 8

The only thing we ask of our members is that they have this desire. Without it, they are doomed, but with it miracles have happened.

— Gray Book, p. 97 (Tradition Three, Lines 22-24)

Our Third Tradition tells us that the only requirement for Narcotics Anonymous membership, is a desire to stop using drugs. We don't have to be Clean when we first come to Narcotics Anonymous. We are told at our first meeting, to keep coming back, but to come back Clean.

The Program of Narcotics Anonymous only works through Complete and Total Abstinence from all mind-mood altering drugs. Our level of desire for ourselves can be measured by our Actions, Willingness is just a start. Regardless of our Cleanliness we can still call ourselves members. Many of our members return to active addiction.

This doesn't mean they are no longer members. At that point our members need to come back as soon as possible, and get Clean.

Desire must be our first acquirement, without it we are doomed, our Literature states. Once we are Completely and Totally Clean we can start to Recover. Our First Step reminds us that social acceptability, which includes Clean time, does not equal Recovery.

Recovery can be seen as a change of attitudes and behaviors. This change is only possible through Living the Spiritual Principles of Narcotics Anonymous. These Principles are a result of working and applying the Steps and then the Traditions of our Program.

Every day Living has to include the Practice of these Spiritual Principles, for our Recovery to be of any effect. Our Daily Reprieve is dependent on our Spiritual Progress. Clean Time is our Cornerstone.

◆ IN THIS MOMENT ◆

Clean Time is a fence around our Recovery. Without it nothing can Grow. It all starts with a Desire to stop using.

June 9

Lost dreams awaken and new possibilities spring.

— Gray Book, p. 142 (Chapter Eight, Lines 3-4)

How many times do we hear this statement by speakers or other members? What might come to mind to the newcomers or other members? Some might interpret this to mean that we can get rich and famous.

Our rich and famous members know better. Some addicts came in with money, houses and high educations.

They can tell you that money, property and prestige did not help them feel any better about themselves in active addiction. In fact, many will tell you that it actually prolonged their agony.

Denial kept them out there longer. Our Basic Text tells us that, " through recovery, our dreams come true. We don't mean that we necessarily become rich or famous. However, by realizing the will of our Higher Power, dreams do come true in our recovery. " Our Gray Book goes on to say, "How many times have we heard something over and over again, until it finally takes root and blossoms.

With each meeting we attend, seeds planted in earlier meetings are watered until we can see them grow to harvest. This harvest is a form of spiritual growth. " This Spiritual Awakening, the relationship with Reality, the Freedom to worship and develop a relationship with the God of Our Own Understanding, those are our dreams come true. That relationship with Reality is where our new possibilities spring or arise.

We cannot confuse our Message with material gain. Our rewards are measured with our Spiritual Fruits that result from Living and Sharing this Living Program called Narcotics Anonymous.

◆ IN THIS MOMENT ◆

We will carry our Message of Hope and the Promise of Freedom. This is the only thing Narcotics Anonymous offers us.

June 10

When we finally get our own selfish motives out of the way, we begin to find a peace unmatchable to a drug-induced high.

— Gray Book, p. 58 (Step Eleven, Lines 6-8)

Our Literature tells us that once the euphoria of using wore off, we saw the ugly side of addiction. For many of us, we lost that good feeling of getting high a long time ago. Toward the end of our using, we either suffered the pain of withdrawals, or we took more drugs.

Many of us took more drugs. We no longer used drugs, drugs used us.

Coming to Narcotics Anonymous and Achieving and Maintaining Total and Complete Abstinence, it left us with a void. Our Basic Text tells us that the purpose of the Second Step was to fill that void. Unfortunately many members attempted to fill that void with other things instead of our Higher Power. These other things used to fill the God Void, including illegal drugs and prescribed medication, caused others and us more pain.

Our motives were selfish, our motives had motives. Finally, when the pain of staying the same was greater than the pain of changing, we took the necessary Steps to relieve our obsessions. Practicing Spiritual Principles left us feeling good about ourselves and others.

Working Steps and Traditions with our Sponsors, being of Service to Narcotics Anonymous, we found a different type of euphoria. Sharing this Precious Gift with others and thinking of others resulted in a peace unmatchable to any drug-induced high we ever experienced. We no longer needed people, places or things to feel good about ourselves. We sought self-approval and not the approval of others.

We begin to Stand and Live by Spiritual Principles. The only way to get out of self, is to work with others.

◆ IN THIS MOMENT ◆

We will Practice selflessness. We are actually doing God's Will by getting our selfish motives out of the way.

June 11

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Now that we are in N.A. we have a new outlook on being clean Opening these doors and entering them becomes a new adventure in living.

— Gray Book, p. 141 (Chapter Eight, Lines 12-17)

In Narcotics Anonymous our definition of being Clean is more than just physical Abstinence. Getting Clean mostly pertains to the Abstinence of all mind altering and mood changing drugs. Living Clean suggests that we encompass Spiritual Principles in every area of our Lives.

Our Basic Text states, "Social acceptability does not equal recovery. We have found that we had no choice except to completely change our old ways of thinking or go back to using. " So for us getting Clean is easier than staying Clean. We only have to get Clean once.

Staying Clean requires a new Change and Practice of Attitudes and Behaviors, different from our active addiction. Many of us returned countless times and picked up the white chip, or key tag. Many returned to active use, kept coming back, and finally did the work to stay Clean and Recover.

Some of us were lost beyond recall. Some of us died.

For us, being Clean and Living Clean and has to mean something more, and different. We started to see that Freedom was more than just the end of active addiction. We began to focus and work for the Spiritual Awakening each Step and Tradition has to offer.

Our Gray book tells us that a Meeting is like a fence around our Clean time. Without Recovery, we don't really need a fence, do we? Or is it just a fence protecting soil with nothing planted? Those of us that Practice a Living Program enjoy the Blessings of the Spiritual Fruits.

Life starts to take on a new meaning as our perspectives change. We are finally Living and not just existing.

We Live in the moment, but have Hope for the Future. Each day is filled with the Opportunity for Unlimited Growth. We become Grateful and it shows as we Share this Precious Gift with all that seek Recovery in Narcotics Anonymous.

◆ IN THIS MOMENT ◆

We will Honor our Clean Time by planting Spiritual Seeds in this rich Clean soil.

June 12

the Twelve Steps guide us from a state of humiliation and despair to a state wherein we are able to act as instruments of God's will.

— Gray Book, p. 60 (Step Twelve, Lines 7-9)

The Recovery Process in Narcotics Anonymous, is just that a Process. Unlike the addiction process, it takes work. When we became beaten and arrived at Narcotics Anonymous humiliated and in desperation, we were forced to Surrender.

Admitting our powerlessness over the disease was one of our greatest examples to the newcomer. They too can Surrender and seek help through Narcotics Anonymous. Our Surrender is one of the first Spiritual Principles we encounter in N.A.

It's a Power of Example. Our most painful days in our Recovery can serve as a touchstone for growth.

Our Literature reminds us that Humility is a good place for an addict to be in. The Spiritual Principle of Anonymity reminds us that we're not doing this on our own. The WE in our Steps show us that the whole is greater than the sum of all of its parts.

As we progress as a result of those Steps, we Practice these Principles in all of our affairs. This Process has its results as we Practice our Traditions. For here is where we take Recovery on the road.

The Process of Living the Steps is proportional to how we relate and interact with others, and the world at large. Surrender and powerlessness are no longer negative aspects. Our Basic Text states that, "When we admit our powerlessness and inability to manage our own lives, we open the door for a Power greater than ourselves to help us."

◆ IN THIS MOMENT ◆

We will submit to God's Will for us, no matter how painful it may be. The Hope is that we can always help someone else with our experience.

June 13

The program works a miracle in our hearts We become free to move about without compulsion or guilt.

— Gray Book, p. 18 (Chapter Two, Lines 23-26)

One of our members stated, "Steps Seven, Eight and Nine is where our Hearts start to Recover. " They go on to explain that Love, Forgiveness and Kindness for others stem from this part of our bodies. The beginning quote from our Gray Book states, "We become new people. The Steps and abstinence gives us a daily reprieves from our self-imposed life sentences. " For the Recovering addict in Narcotics Anonymous, these are Miracles.

Before we can begin to Love and Genuinely Care for others, we have to Care for ourselves. Part of Recovery is about implementing Self-Care. Steps Four, Five and Six are the Steps where we start to get right with self.

We begin with the Inventory Process and begin to eliminate guilt and shame of self. We start the Self-Acceptance and Self-Care process, before we can Accept and Care for others. Our guts start to Recover, from here stems feelings of oneself.

Then our Hearts start to Recover, from here stems feelings for others. Our guilt, shame and remorse transfers into Acceptance, Love, Patience and Understanding. We start to walk with our heads held up high, and it's not because of pride.

We are Free to be the people we were meant to be before we got sick. Were able to look at other people in the eyes, because we are Free of guilt, shame and compulsion.

Today we are capable of feeling and showing Empathy for others. Our Hearts are Free to Love and Forgive, but more importantly, to show Compassion.

As we continue in the Steps we Recover from the neck up, that's where Meditation and Spirituality subside.

◆ IN THIS MOMENT ◆

Through Living the Spiritual Principles of Narcotics Anonymous our Hearts are Transformed. We become Loved and Loving people.

June 14

If we do not maintain our spiritual condition daily, some of us find the resulting pain and confusion lead to a return to drugs and our old way of life.

— Gray Book, p. 144 (Chapter Nine, Lines 27-29)

Spirituality is one of the last Gifts we receive in this Program. Ironically it's one of the first things we lose in the relapse process. Our Eleventh Step states, "We have found that our spiritual condition is the basis for a successful recovery that offers unlimited growth." Offers, implies that it's not a given. We have to do the work if we want to Recover.

Chapter Ten states, "Narcotics Anonymous offers only one promise and that is freedom from active addiction. " The Promise of Freedom and the Message of Hope requires us to practice a Living Program. Spiritual complacency can begin the relapse process.

We get loaded at the end of a relapse, not in the beginning. The daily reprieve we are offered is dependent on this daily maintenance.

When we first get Clean, we enjoy the Freedom from active addiction. We are finally Free from our self-imposed prison. To stay Free, we have to have an active change of our attitudes and behavior.

We can't think our way into good Living. The Steps enable us to Live our way into good thinking. Our Spiritual Awakening must continue to be progressive.

Recovery is an uphill Journey, if we pause, we may backslide. Unfortunately some of our members pause in their Recovery and some will return to active addiction. Our Literature tells us that, " a whole new life opens up.

In this way, we do recover "

◆ IN THIS MOMENT ◆

We will continue with this Program of action. We will continue to work a twenty-four-hour Program.

June 15

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Many of us cling to our fears, doubts, and self-loathing or hatred of others, because there is a certain distorted security in familiar pain. It seems safer to hold on to the old familiar pain than to let go of it for the unknown.

— Gray Book, p. 46 (Step Six, Lines 22-26)

Some members describe Step Six as a grieving process. Character defects were the tools for the disease.

Like drugs, they were our solution for a long time. Toward the end of our bottoms, they turned against us. The drugs and defects that went hand in hand with our active addiction, were no longer needed in this New Way of Life.

We had to say goodbye to those old survival skills. Since that's all we were familiar with, it was difficult and painful to let go. But like our Gray Book states, "Letting go of character defects should be done with love.

Fear and hate cannot give us new lives. We should approach old defects with patience and understanding, for they have served us well in days past. " We must be careful not to take ourselves so serious in this process. The Spiritual Principle of Willingness prepares us here.

We have to let the God Of Our Own Understanding remove these defects or at least minimize them. God only removes what we really want Him to remove. This is why letting go of these defects must be done with our permission.

We decide the ones that are causing us and others the most pain. Those are the ones we must become entirely ready to have them removed.

We can start with our selfishness. Our Basic Text tells us that this defect has to be intolerable to us. It goes on to say that it becomes a destructive chain that ties us to our bad habits. As we practice these Spiritual Principles, we begin to replace the old with the new.

These old tools don't work in this New Way To Live. We start to see glimpses of the people we could become, without some of these defects. Our fear of the unknown is lessened if not dissipated.

Our Faith increases the more we Practice these Spiritual Principles.

◆ IN THIS MOMENT ◆

For a long time our vision of our New Life gives us Hope. This Hope increases our Willingness.

June 16

Change involves the unknown, the great source of fear The wisdom to know the difference involves growth in the program."

— Gray Book, p. 148 (Chapter Nine, Lines 8-12)

In active addiction our lives were controlled by fear. Even before active addiction, fear was present in our lives. Fear can take many forms; positive and negative, healthy and unhealthy.

For many of us our drug use distorted our senses. We were unable to have a relationship with reality.

Hope turned into hopelessness. Through desperation, positive fear disappeared. Self-centered fear controlled our lives.

After coming to Narcotics Anonymous we saw evidence of Hope in the members, who like us, suffered from the horrors of addiction. We saw the twinkle in their eyes and wanted what they had. Attending N.A. meetings we saw evidence of a Power Greater than ourselves at work.

Members shared with us how they came to Believe. They Cared enough about us to show us the way. Living the Spiritual Principles of Narcotics Anonymous, some of our fears begin to be replaced with Faith. Through the help of our sponsors and the Fellowship of Narcotics Anonymous, we are introduced to the God Of Our Own Understanding.

Through our belief in this Power we become less fearful of the unknown.

◆ IN THIS MOMENT ◆

We ask God to Grant us the Serenity to Accept the things we cannot change, Courage to change the things we can and Wisdom to know the difference.

June 17

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Reaching out is the beginning of the struggle that will make us free. It will break down the walls that imprisons us

— Gray Book, p. 130 (Chapter Seven, Lines 23-25)

When we are using, we protect ourselves by putting up barriers between us and the outside world. We fall into the illusion of self-sufficiency, believing that we can take care of ourselves and do everything on our own. Many of us used to believe that we would be better off without the help of anyone else in our lives.

We rarely realize that we have never been self-supporting as we continue leeching off of the resources of others. We separated ourselves from anything that did not have to do with getting or using drugs. Some would say that the exact nature of the disease of addiction is isolation.

The proof of this statement can be shown when addicts hit their bottoms, they re usually alone. Our using slowly eliminated the positive people, places and things from our lives.

Our worlds shrank as we used to live and lived to use. At the end of our using, the desperation drove us to seek help from others in Narcotics Anonymous. How It Works in our Gray Book tells us that, "If what you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps." These Principles are written so simply that we can practice them in our daily lives. The Principle of Surrender can be measured by the actions we take.

Our Literature tells us that the antidote to our diseased thinking is Honesty. A member once said that, "Honesty is aligning our actions to the Truth." This realignment helps us to Trust our fellow members and also build Integrity.

Both of these Spiritual Principles are essential to our ongoing Recovery. To help us practice these Spiritual Principles, we need to tap into and rely on our Higher Power.

We have been developing a relationship with this Power that helped us achieve Complete and Total Abstinence.

◆ IN THIS MOMENT ◆

With Complete and Total Abstinence and practicing the Spiritual Principles of the Steps and Traditions we are given a Daily Reprieve from our self-imposed life sentences. We become Free to Live.

June 18

There are some things we can make direct amends for; some we can only make partial amends for; and some that we remember nothing about.

— Gray Book, p. 53 (Step Nine, Lines 29-31)

In active addiction, addicts created a destructive path that affected our lives and the lives of others. Just like a tornado the end of it brings much relief.

Unfortunately, we were left with the wreckage. Physical, mental, spiritual and emotional harms were some results of active addiction. Chapter Three in our Basic Text states, "We did many people great harm, but most of all we harmed ourselves." One of the first Amends we make is staying Clean because we are no longer part of the problem. Now we are part of the Solution.

Direct Amends involves looking for the people, places and things we caused harm to. Then we make Amends by rectifying and offering resolutions.

We approach our Amends without any expectations of the results. In the Program of Narcotics Anonymous, we make these Amends because we have to. It's not necessarily to feel good about ourselves or clear our conscience.

We also can make indirect Amends when direct Amends would cause more damage than good. Our Sponsors will help us with our completed list of names. They will show us where on the list can be more harmful or where we can't make direct Amends at all.

For us, sanity can mean effectively relating to others. The Amends process can relieve fears, guilt and remorse of the past.

It allows us to Live Happy, Joyous and Free. We will always be open to the Amends process in our lifelong Journey.

◆ IN THIS MOMENT ◆

With the guidance of the God of Our Understanding and the Fellowship of N.A., we continuously experience a miracle as we discover and Admit our faults.

June 19

Having fun and being happy doesn't have to be searched for; it surrounds us. It is all there. So just do it. Be clean, have fun and be happy.

— Gray Book, p. 156 (Chapter Ten, Lines 1-3)

When we arrive to Narcotics Anonymous, many of us cannot remember the last time we had a good laugh. We can't remember the last time we had any kind of "fun. " Some of us were so loaded that we were barely grasping any awareness or for some, consciousness. What we should remember is the pain.

Being Clean in early Recovery, the pain of not using felt so real, so tangible that it seemed as though we would never have a good time ever again. Some of us asked ourselves, "Is there life after drugs?" Some of us felt annoyed or uncomfortable with the smiles and laughter of others, as we attended meetings. Their Joys and Happiness caused us pain because it reminded us of what was missing in our lives. Our attraction grew as we were invited to Fellowship after the meetings.

Those late nights at the diner, or to a member's house to continue talking about Recovery, gave us Hope. We begin to experience what fun really is, without the use of drugs. Our World gets a little brighter.

With the attendance of meetings and the camaraderie of the Fellowship, we begin to experience Living Happy, Joyous and Free. Life is not just a glum lot.

Living the Steps and having a Growing relationship with our Higher Power, we begin to see new evidence of sanity all around us. More Will Be Revealed as we Keep Coming Back.

◆ IN THIS MOMENT ◆

Our Gray Book says, "It is important for us to have fun in our recovery without the dying. "

June 20

The Eleventh Step helps us, in the face of a problem, to be aware of God. The underlying principle of this Step is God-consciousness.

— Gray Book, p. 58 (Step Eleven, Lines 10-12)

In active addiction, some of us developed strange ways of praying. Our prayers seem to be fox hole prayers. We prayed when we desperately needed help in our active addiction; "God, please let me make it out of this one.

If I do, I swear I'll never " Some of us have never prayed until we entered N.A. Many of us received the suggestion early on to start praying. This early introduction to prayer was for our obsession to use drugs, be lifted.

The pain of not using forced us to seek this Power to relieve our obsession. Any resource we have for communicating with this Higher Power is useful. It allows us to tap into a Power that can help us stay clean, one that we SO desperately need.

Step Two starts this Process. This Power Greater Than Ourselves becomes more and more evident because we are staying clean.

We learn how to Pray, which is talking to the God of Our Understanding. More importantly we learn to listen for the answers, which is called Meditation. We can use this Power even when we are not in pain or in a critical condition.

To be God-conscious we have to practice the Spiritual Principles of Narcotics Anonymous in everything we do. Our Literature tells us that emotional balance is one of the first Fruits of Meditation we experience. Narcotics Anonymous asks us to cultivate new healthy habits that can enhance our Recovery. One of the ways we do this is by establishing a relationship with a God of Our Understanding.

◆ IN THIS MOMENT ◆

God-consciousness is having the Awareness that God is present in our lives.

June 21

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A warning about rationalization is that it has killed more of us than anything else. At times, our motives will be obscured by clouded thinking.

— Gray Book, p. 57 (Step Ten, Lines 1-3)

Our Literature tells us, "What we knew about living when we got here had almost killed us. " Arriving to Narcotics Anonymous and seeing the mess we made of our lives only caused us to rationalize even more. We blamed the drugs to make sense of it all. In active addiction, we found ourselves defending our actions, constantly explaining ourselves.

Many times we thought these explanations were what the other person wanted to hear. We justified our behaviors in order to protect our using. This quickly moved us into a pattern of lies and self-deception.

This pattern became our lifestyle. We found ourselves immersed in a life of deceit and rationalization.

After achieving Abstinence, we saw how sick we really were, especially without the drugs. These old defense mechanisms were the tools of the disease of addiction. These rationalizations served us well in active addiction.

In our Recovery, we learn to get Honest. We learn to face the Truth.

With each Step we take and live, the onion gets peeled another layer. We help each other by becoming each other's eyes and ears. Our Literature says, "We began to see that we had rationalized the most outrageous sort of nonsense " This can still follow us in our Recovery. The Fruits of Living the Spiritual Principles releases us from denial.

We Surrender our Wills and Lives to the Care of the God Of Our Understanding. We are no longer part of the problem, because we're part of the Solution.

◆ IN THIS MOMENT ◆

As we find ourselves Growing into mature consciousness, it becomes more uncomfortable to ration a lie.

June 22

We have found it essential to accept reality. Since that time we have not found it necessary to use.

— Gray Book, p. 138 (Chapter Eight, Lines 1-2)

Spirituality has been described by one of our predecessors as the right relationship with Reality. In active addiction, our relationship was mostly with the drugs.

Our Literature mentions that we spent time getting, using and finding ways and means to get more drugs. After a while, it was a one-way relationship; the drugs used us. Our reality became distorted.

With our minds and bodies clouded with drugs, it was difficult for us to determine the Truth. We were in denial about our reality; Awareness and Acceptance were foreign to us. Active addiction is a contradiction to Living.

When we used drugs, we violated Spiritual Principles; some of these were the Laws of Nature. Living selfishly actually caused our isolation. Our Literature tells us that our Living skills were reduced to the animal level. Unconditional Surrender means having the Willingness to go to any lengths.

Investing our time in getting, using and finding ways and means to Recover. Some Suggestions are given to us like, attending meetings, staying in touch with other members and studying our Literature. Another suggestion is finding a Sponsor that will Guide us through our Steps and Traditions, which will eventually lead us to the God Of Our Own Understanding.

These Actions will reconnect us to Reality and Awaken our Spirits. Since our Spiritual Awakening is progressive, we must continue to do our part in being part of.

◆ IN THIS MOMENT ◆

We keep growing in this Process. We will secure our own existence by the positive Actions we keep taking.

June 23

None of us stumbled into this Fellowship brimming with love, honesty or open-minded willingness. We have all reached the point where it seemed we could not longer continue because of intense pain: physical, mental and spiritual.

— Gray Book, p. 32 (Step One, Lines 18-21)

Most members said that for them, Narcotics Anonymous was the last house on the block. Some go on to say that they tried everything else first, but nothing worked, so they continued to use.

Some members said that Narcotics Anonymous was the last thing they tried, but it was the first thing that worked. Our Literature states in Chapter Three, " we tried countless other remedies--counselors, psychiatrists, hospitals, lovers, new towns, new jobs--everything we tried, failed." Our Gray Book goes on to say, "We gave up--quit struggling--surrendered, completely and unconditionally. Then, and only then did we begin to Recover from the disease of addiction.

Only with Total and Complete Surrender to Narcotics Anonymous and its Spiritual Principles did we have a chance. After coming into the N.A.

Program, we realized that we were sick people. Unfortunately, "If you take the drugs away from a drug-crazed maniac, you still have a maniac.' So most of us arrive to N.A. with all our defects and bad habits.

Our lack of Trust of others kept our defenses up, and our minds closed. When the pain of staying the same became greater than the pain of changing, we Surrendered again. Finally, an opening in our closed minds was made, new ideas could be Accepted. Chapter Eight, We Do Recover says it best, "That wordless language of recognition, belief and faith, which we call empathy, created the atmosphere in which we could feel time, touch reality and recognize spiritual values long lost to many of us. "

◆ IN THIS MOMENT ◆

Practicing the Spiritual Principles of Narcotics Anonymous can result in us, brimming with Love, Honesty and Open-mindedness.

June 24

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Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

— Gray Book p. 115 (Tradition Twelve, Header)

Part of Anonymity means to remain nameless, not taking credit for. It also means being equal and not single out any person.

The Principle of Anonymity is so huge it has many Spiritual Principles within it. Anonymity is also the foundation of our whole Program, our Twelve and Twelve. Placing the Spiritual Principles of Narcotics Anonymous ahead of our and each other's personality makes our Recovery possible.

This main Principle also protects us from ourselves. It also helps to protect N.A. from us. Principles before personalities allow the common welfare of N.A. to come before our personalities and individual needs.

Principles before personalities allow God Conscience to be created in the Group and not in any one person. Anonymity makes it possible for any drug addict to become a member of N.A. We don't differentiate between men and women, creed, sexual preference, age, race and social status.

Autonomy with the Principle of Anonymity means not to label a Group better or less than any other Groups. This can create disunity.

The Group's Primary Purpose is its Anonymity, together we carry one message. When we lend the Narcotics Anonymous name to anything outside of N.A., our Anonymity is destroyed. Personalities would take over through money, property and prestige.

This would destroy our Primary Purpose, and many would die. Anonymity allows each member to contribute their own personal share of time and money Anonymously. Principles before personalities and profession allow our members equal status with other members.

Direct Responsibilities to those they serve, committees are not Autonomous and must follow the Group's Conscience. Service is for those we serve, is a good example of Anonymity. Not taking personal sides with our personal opinions keeps the individuals and Groups from public opinions. Keeping our personal Anonymity in the public spotlight assures others from using our personalities to judge N.A. Inner Anonymity of this last Tradition enables us to place The Spiritual Principles of Narcotics Anonymous before ourselves and others, in all our Traditions.

◆ IN THIS MOMENT ◆

Putting Principles before personalities protects ours and other's Anonymity and ultimately ours and their Recovery.

June 25

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Most addicts have strong feelings about their Higher Power and vigorously defend their right to their own understanding of Higher Power. The strength to move into action comes from our Higher Power.

— Gray Book, p. 37 (Step Two, Lines 2-5)

Our Literature tells us that a belief in a Higher Power is necessary to achieve any sort of ongoing Recovery. We were forced to seek this Higher Power as a Solution for our obsession to use. After achieving Complete and Total Abstinence in the First Step, we needed a Power Greater Than Ourselves to stay Clean and Recover. This Process of Recovery cannot only work with knowledge and belief.

Willingness must be transferred into Action for our Surrender to have any kind of effect. In Narcotics Anonymous we have the Freedom to choose the Higher Power Of Our Own Understanding. It's suggested that this Power be Loving, Caring and Greater than ourselves.

Because we first come in with a lot of guilt and shame, some members add Forgiving to this list. Our Third Step tells us that if we are to Grow Spiritually, it's necessary to be Honest about our belief. The Action that creates Faith springs from the Hope that's evident all around us as we attend meetings.

Our sanity progresses as we seek a conscious contact with this Power. This relationship with our Higher Power Grows as we practice the Spiritual Principles of Narcotics Anonymous. We share about our relationship with our Higher Power with those around us.

We can share about our Higher Power in meetings, within the Guide Lines of our Traditions. We defend our right to a God of Our Own Understanding. By the same token, we don't endorse or call this Power by name at meetings.

Narcotics Anonymous is a Spiritual Program, not a religious one. We can share through the Process of the Steps and Traditions how this Power manifested itself in our Lives. We can also see the evidence of other's Higher Power working in their Lives.

We need this Power to Practice these Spiritual Principles in our daily Lives.

◆ IN THIS MOMENT ◆

We can share our Higher Power with new members until they find their own. Newcomers can use the Group as a Power Greater than themselves as well.

June 26

We have surrendered We are no longer fighting fear, anger, guilt, remorse, self-pity, anxiety, depression and a thousand other ills.

— Gray Book, p. 39 (Step Three, Lines 22-27)

Many of us who have Surrendered to the Program of Narcotics Anonymous tried everything else first. Using drugs not only masked our feelings but it also affected our minds and bodies, on a deep level. The feelings mentioned above are some side effects of the lack of drug use and lack of Spirituality. Drug use was our solution for a while, till they stopped working and turned against us.

Living without the drugs seemed more difficult and painful. Our Second Step offers a Solution for our mental state. The first thing we have to do is Surrender totally and unconditionally.

Stop fighting means we stop resisting the Program. We've already seen this Power at work in our and in the Lives of others.

We Trust in this Power and turn our thinking and behaviors over to the care of this Power. As we work those Steps a lot of our obsessions are relieved. We learn to identify our feelings through personal inventory.

The exact nature of our wrongs are brought to light. We Surrender to the Solution Narcotics Anonymous offers. Practicing and Living the Spiritual Principles of the rest of the Program we are released from these other ills.

Selfpity, anxiety and depression have no hold on us as we quit fighting. We don't fight by taking medication for these Symptoms. We Surrender to the Spiritual Principles of Narcotics Anonymous and work the Steps.

This is an overtime process, not overnight. With each Step we will experience a Spiritual Awakening that will make each Step going forward possible. Our Recovery becomes a gold mine as we Share it with others.

◆ IN THIS MOMENT ◆

We continue to Surrender on a deeper level as we progress through the Steps and Traditions of Narcotics Anonymous.

June 27

When someone points out a shortcoming, our first reaction is one of defensiveness. If we truly want to grow, we will take a good look at what is pointed out.

— Gray Book, p. 49 (Step Seven, Lines 24-26)

Our Literature reminds us that we are each other's eyes and ears. That means that members of our support group including our Sponsors might see or hear something that's not right with us. In this Journey of Recovery we must remain Humble.

That means we remain teachable and stay open to suggestions by our closes NA friends. Our Gray Book states, "When we were using, our spiritual and emotional growth came to a halt. " The disease left us emotionally crippled. Although most of came in as adults we were still emotionally like children.

Our egos prevents us from asking or accepting Help. As we Live the Spiritual Principles of Narcotics Anonymous we Grow into mature Consciousness. We learn to be less defensive and get Open-minded about our Assets and Liabilities as well.

As we learn Self-Acceptance we also learn what we're lacking. We then are open to get direction from others that Care about us. In Step Seven we are asking God to remove our shortcomings.

This means we already know we're not perfect. This opens the door to Accept God's Help through our Friends in the Fellowship.

This is our road to Spiritual Growth.

◆ IN THIS MOMENT ◆

We will Live without the limitations of our past ways. We will Accept the Help in this New Way of Life.

June 28

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When a decision needs to be made for a group, each of the members should take time to meditate on what is most beneficial to our common welfare.

— Gray Book, p. 93 (Tradition Two, Lines 18-21)

Most members of Narcotics Anonymous confuse Group Conscience with a vote. Although it may end up with members voting or deciding on a motion or an issue.

Group Conscience is a process. Some describe a Group Conscience as a collective Eleventh Step. Each member should reach a Conscious Contact with their Higher Power about the decision that's being made.

Members can talk to their Sponsors, Pray, Meditate and check that no Traditions are being violated in that decision. Our decisions should be based on the Common Welfare of the Group and Narcotics Anonymous as a whole. Our individual needs and desires should not be part of this process.

Our Gray Book says, "In working the Steps we need to come to depend on a Power greater than ourselves. We continue this relationship and utilize it for our Group purposes. " After working those Steps our control issues and selfishness should have been addressed, for the most part. Our Sixth Step reminds us that selfishness becomes an intolerable destructive chain that ties us to our bad habits.

We have to stay Vigilant that our decisions are Truly an expression of God's will for the Group. Group opinions happens when one or two personalities dominate the decision. The stronger personalities or the members with the most Clean time could try to tilt any decision for their own reasons.

It's important that each member of the Home Group has a working Relationship with the God of their Understanding. God Consciousness will never violate any of the Spiritual Principles of our Program. The newer members can consult with their Sponsors and other members they Trust and Respect; if they lack a Second Step and a Conscious Contact with Higher Power in their Lives. Before we start a Group Conscience or Business meeting, it's important to start with Prayer.

It is also important to read the Header of the Second Tradition. We ask our Higher Power to Guide us to the Solution that will Benefit the Group.

◆ IN THIS MOMENT ◆

We take our time to make decisions that can affect the Group, or the Group's Primary Purpose. There is no time limit when it comes to carrying our message.

June 29

This is our road to spiritual growth This comes not from wishing, but from action and prayer.

— Gray Book, pg. 49 (Step Seven, Lines 31-36)

Wishes and dreams were some of the things that the disease of addiction robbed us from before they were fulfilled, or in some cases, even developed. Our Hopes became wishes, and our wishes became dreams. The disease of addiction even took those away from us, we were left with despair and uncertainties.

After arriving at Narcotics Anonymous we saw our Hopes and dreams in others, but we still failed to see it in our own Lives. As we work the Steps we seemed to Awaken and the fog was lifted. Our bodies and minds were no longer clouded with drugs.

When the obsession to use was removed in the Second Step, we began to feel Hope. We worked the Steps with God and our Sponsors.

Our Gray Book tells us that we, "carefully and simply pull ourselves out of the isolation of addiction into the mainstream of useful Fellowship.' We begin to see that anything is possible, even our lost dreams. Writing our Fourth Step we see where we went wrong, we see our obstacles, which in most cases was ourselves.

We begin to be released from our self-imposed prisons. As we write our Honest Assessment our lost dreams start to slowly reappear, our wishes and dreams become Hopes. Our Hopes become Realities as we work and Live the Spiritual Principles of those Steps. We Share these Hopes with others as they witness it manifest in our Lives.

◆ IN THIS MOMENT ◆

We will stop wishing and start working, our lost dreams can become a Reality as we stay on this Journey of Recovery.

June 30

Our lack of fear and our new found faith serves as a firm foundation for courage in the future.

— Gray Book, p. 65 (Step Twelve, Lines 14-15)

Before arriving to Narcotics Anonymous, for many of us, our lives were dominated by fear. Every decision we made was made with our default thinking. The disease of addiction affected every area of our lives.

Our whole mind and bodies were clouded with drugs. We were trapped by the chains of addiction, and saw no way out. Narcotics Anonymous offers a simple Program that can be Practiced in every area of our Lives.

The Spiritual Principles of N.A. treats our bodies, minds and Spirits. Honesty, Open-mindedness and Willingness are the HOW of our Solution. Achieving Complete and Total Abstinence from all mind and mood altering drugs is where Honesty has its start.

Our Literature says that Honesty is the antidote to our disease thinking. Honesty can be measured by aligning our actions to the truth. Our Gray Book says that by Practicing Honesty, "We lose the fear of being cornered.

As we Practice gut level Honesty through our Step Process our Faith in our Higher Power increases. Faith gives birth to Courage as we walk through our fears. Like Surrender, the Spiritual Principle of Honesty enables us to get to the bottom of our emotions.

In our Recovery Process we are constantly reinforcing our Foundation, because we're constantly building on it. Chapter Five tells us, "Guilt and worry keep us from living in the here and now. " If we worry why Pray and if we Pray why worry.

We strive to Live Life on God's Terms.

◆ IN THIS MOMENT ◆

We will continue to Practice the HOW of the Program by reinforcing our Spiritual Foundation.

July 1

In our addiction, we feared change because we had lost control of our lives and most changes were for the worst.

— Gray Book, p. 84 (Chapter Five, Lines 5-7)

Change is inevitable, too bad as using addicts this wasn't a good thing. The disease of addiction is progressive.

At any given point we were getting worst. That was the extent of our change.

The disease of addiction affected every area of our lives. Our using took priority over anything we considered important to us. At the end we tried everything and anything to find a solution to our problem, "ourselves." Everything we tried failed, many of us tried switching drugs, some of us tried religion and psychiatry, none of these methods worked for us. Arriving at Narcotics Anonymous seem like a miracle for most of us. It was the last stop for most of us.

Afflicted by addiction some of us still weren't sure that Narcotics Anonymous would work for us. We came into contact with other addicts like us, but now were Happy, Joyous and Free. Their change was for the best.

They Shared the Message of Narcotics Anonymous and how it worked for them. We found Hope as we ourselves stood Clean.

Some of the changes in our Lives were of a positive nature. We no longer had to be slaves to our addiction.

We found a Higher Power that Guides us in this Journey. Practicing the Spiritual Principles of Narcotics Anonymous gave us a Life we thought we could ever imagine. Today we look forward to change, because now it's mostly for the best.

◆ IN THIS MOMENT ◆

We Appreciate our new Lives that consist of a God of our own Understanding, and the Fellowship of Narcotics Anonymous.

July 2

Our personal stories may vary in individual pattern but in the end we all have the same thing in common.

— Gray Book, p. 132 (Chapter Eight, Header, Line 3)

"Identify don't compare," we've all heard this at one time or another at meetings in Narcotics Anonymous. Comparing our using stories and the drugs we used separates us from each other. Our Literature tells us that we're not interested in what or how much you used, who your connections were, or how much or how little you have. Narcotics Anonymous is only interested in what you want to do about your problem and how we can Help.

This Helps to get to root of the problem, "addiction. " This also Helps us find a common Solution, which is Recovery in Narcotics Anonymous. Our identification as addicts is on a deeper level, than just the use of drugs. Feelings and emotions are how we Empathize with each other.

Our healing takes place at this deep level and not the symptom, which was our drug use. We Share our stories with this in mind. We Carry a Message of Hope and the Promise of Freedom.

The identification takes place when we Share about the hopeless and helpless state we found ourselves as a result of addiction. We Share how we arrived to Narcotics Anonymous. We Share about the Fellowship we found with people just like us.

We Empathized with each other because just like them, we visited the same horrors of addiction. Today our Common Welfare comes first.

We are able to Help one another because we are the same.

◆ IN THIS MOMENT ◆

We will focus on the Solution not the Problem. Our Identification as addicts provides a Common Solution.

July 3

We forget we are given only a daily reprieve. We must ask for help each morning and remember to thank God at night.

— Gray Book, p. 144 (Chapter Nine, Lines 25-26)

Our Gray Book reminds us that as our Lives become more comfortable many of us lapse into Spiritual Complacency. This Spiritual relapse can result in a mental and physical relapse if we're not Vigilant. Lack of maintenance of this Daily Reprieve can result in feelings of uselessness and lack purpose. Many of us forget where our True Strength lies.

We break our own Anonymity by taking credit for our Recovery. Some of us find ourselves in trouble coping with everyday life.

We must continue to do the things we've been doing and not let up on our Spiritual Program. We begin by asking God for Help, we call our Sponsors and let them know where we're at. We Practice our Gratitude by Practicing Spiritual Principles.

Some of us Practice having a Constant Conscious Contact, with the God of Our Own Understanding. We ask for Guidance in the Morning, check in throughout our day and Thank God at night for our Life and our Recovery. Since God's Will ends where our's begin we're careful in monitoring our attitudes and behaviors. We should ask for God's Help even if we think we don't need it.

Our Gray Book talks about not measuring the ways God Helps us or not. All the Thanks goes to our God.

◆ IN THIS MOMENT ◆

We will not leave the Basics, so the Basics wont leave us. We will give Thanks where is due. 186

July 4

We learn that conflicts are a part of reality and learn to be grateful for them. We learn new ways to resolve conflicts instead of running from them.

— Gray Book, p. 138 (Chapter Eight, Lines 6-8)

Coping with life isn't something addicts do well, that's part of the reason we use drugs. Addiction and using drugs served as a distraction to life and its terms. Wherever some of us felt a confrontation, or conflict about to happen; we managed to escape. We were excellent escape artists, Houdini had nothing on us.

Most of us couldn't face life and it's events unless we were loaded. Drugs the greatest anesthesia was our source of denial. Drugs seem to make living bearable for most of us.

We couldn't survive our emotions without them. So in a sense drugs were our solution for a while. Since addiction is a progressive disease, the drugs stopped working.

Fear that originally ran our lives was now the dominant factor in our lives. At this point most of us were missing from our own lives. After trying everything else without success, we found ourselves in Narcotics Anonymous.

Here we learned to stop running. We learned that fear can mean, face everything and Recover.

We found a Fellowship to support us. We learned about Complete and Total Abstinence.

Living without drugs forced us to find a God of our own Understanding. With the Help of our Sponsor Guiding us through the Steps and Traditions we finally stop Living in fear. We learn that with each conflict there's an opportunity to Grow. We also Strengthen our Relationship with God, with our Families and the people around us.

◆ IN THIS MOMENT ◆

Fear now stands for Face Everything and Recover. Today we will use whatever is bothering us as our greatest Teacher.

July 5

The Eleventh Step helps us, in the face of a problem, to be aware of God. The underlying principle of this Step is God-consciousness.

— Gray Book, p. 58 (Step Eleven, Lines 10-12)

Our Basic Text tells us that one of the results of Step Eleven is emotional stability. How many times even after working the Steps and Traditions some of us still experience emotional volatility. This means not stabled at all. Does this make us bad NA members? Are our egos in the form of pride keep us from asking for Help?

Do we feel or think we should be in a better place at this point in our Journey? Then our Sponsors asks us have we been Praying, all of a sudden a bell rings in our heads, DUH! A moment of clarity LOL.

Most of us then realize that the Solution is always in the Steps and Traditions. Step Eleven calls for the seeking to improve a Conscious Contact with the God Of Our Own Understanding. This means we don't stop; it's a consistency through Prayer and Meditation that we maintain this connection. Let's face it; Life is a constant change of situations that happens to us and all around us.

Some might seem like problems that can overwhelm us if we take them on alone. Today we have a Source of Power that can Help us.

We Pray to our God for Guidance in our Recovery. We're Blessed now that we're Clean to participate in our own Lives. Our Gray Book states, "We gradually begin to find some order in the universe, and accept that some power was supplying us with a conscience we had never had before. " We need to continue to Tap into this Power for our Source of Strength.

◆ IN THIS MOMENT ◆

We will use God-consciousness to Guide us in our Recovery and all our Affairs.

July 6

The Eight Step is not easy; it demands a new kind of honesty about our relations with other people.

— Gray Book, p 50 (Step Eight, Lines 27-28)

We made a list of the people, places and things we harmed. Most of us had a lot of our list from our Fourth Step. We found that by the time we reached our Eighth Step list; we were the major cause of our dysfunctional relationships.

The common denominator was ourselves in the using mode. The disease of addiction seemed to have formed a lot of our ideas and perceptions.

Since we live what we believe, we acted and reacted very poorly. Our relationships in active addiction grew to be conditional and one sided.

This form of dishonesty affected our personalities at a deep level. Like our Literature says, " most of all we harmed ourselves. " Our Literature says by writing we, " unlock parts of our subconscious which remain hidden when we simply think about or talk about who we are. " The healing is in the writing. That's why as we make our list and write the harms we caused each person, place, or thing, we become Willing. The Willingness comes after we make our list.

Some of us had to Pray to become Willing just to make the list. The Honesty we displayed to God, ourselves and another person in the Fifth Step will Help us here.

The level of Honesty will increase with each Surrender we make. The Promise of Freedom keeps Fulfilling itself with each Step taken and Lived.

◆ IN THIS MOMENT ◆

With our God's Guidance and Conscience we will be as Honest as we can be at this point in our Recovery.

July 7

Alienation and isolation are symptoms of the mental part of our disease. To the practicing addict, life is just a movement between connections and oblivion.

— Gray Book, p. 77 (Step Twelve, Lines 4-7)

One of our Predecessors stated that during our active addiction our mental and Spiritual condition were affected the most. The mental and Spiritual part of the disease linger long after Complete and Total Abstinence. Although these parts of our disease start the relapse process; it's also where we Grow in the Recovery process. In active addiction most of us alienated ourselves by doing the things we did to get the next one.

Our world became smaller and smaller the more we used. Isolation is the exact nature of the disease of addiction. This is why we usually hit bottom by ourselves.

Active addiction is like a runaway train, and we must be stopped, in order to keep living. Our physical Surrender must come first in order to Recover.

Complete and Total Abstinence sets the Foundation that our Recovery can be built on. As we Recover our world starts to expand. With God and this beautiful Fellowship, we're able to tap into unlimited Spiritual Growth.

Recovery in Narcotics Anonymous allows ourselves, as well as others, to participate in our Lives as well as our Recovery. Our N.A. Symbol reminds us that the Greater the Base, the Higher the Point of Freedom. We increase our Base by developing healthy relationships within Narcotics Anonymous and Society as a whole.

◆ IN THIS MOMENT ◆

By Practicing Spiritual Principles in every area of our Lives, we Recover in every area of our Lives.

July 8

Those of us who have relapsed found the true progression of the disease that plagues us. To know and come to understand that there is a Power greater than ourselves desiring to have a relationship with us, in spite of our faults, comforts us all.

— Gray Book, p. 127 (Chapter Seven, Lines 10-14)

Our Literature tells us that relapse is never an accident. We as addicts suffer from a disease that's subject to relapse.

That means it doesn't have to happen; it's not a requirement. Relapse is not part of Recovery; it's lack of Recovery. When we slight in our Program, we open the door for the relapse process to begin. The Gray Book says, "Relapse can be the destructive force that kills us or leads us to the realization of who and what we are." Those who were fortunate enough to survive a relapse tell us it's not getting any better out there.

They tell us that N.A. ruin their high. Their relapse only confirms everything the Program of Narcotics Anonymous has been telling them all along. Our Literature reminds us that those who return to N.A. after a relapse show a Courage not of their own.

The God Of Our Own Understanding is ready to Guide us if we let it. After all God didn't move, we did. Members that return are now ready to apply a rigorous Program to the disease.

They realize that the suggestions that were given, were really subtle demands. The suggestions are free, the ones we pay for are the ones we don't take. There are those that haven't relapsed since arriving to N.A.

These members learn by the example of those who go back out. Those that did go back out learned from the stickers.

We all get a Daily Reprieve Granted by our Higher Power. This Reprieve is also conditional, pending on our Spiritual Maintenance.

◆ IN THIS MOMENT ◆

We learn that the Love of our God is unconditional and is ready to Comfort us, if we let it.

July 9

that the time has come when the tired old lie, "Once an addict, always an addict", will no longer be tolerated by either society or the addict himself. We do recover.

— Gray Book, p. 133 (Chapter Eight, Header, Last Line)

Society in the past viewed addicts as social menaces. The disease of addiction manifest itself in unsavory behaviors. Our Literature tells us that the disease of addiction aggravated our character defects and reinforced personality disorders.

So for a long time it was considered a moral dilemma. Society including our Friends and Families thought that addicts were weak willed people.

They thought as addicts we had a choice in this matter. Our Gray Book says, "The term "drug addict" conjured up visions of street crime, fear of the law, and needles. Our belief was that the drug addict lived in a skid-row environment." The disease of addiction expresses itself in ways that are antisocial and make detection, diagnosis and treatment difficult.

In 1953 a Fellowship and a Program were formed to treat those who suffered from addiction in the form of drug use. The Spiritually Based Twelve Step and Twelve Traditions of Narcotics Anonymous arrests and treats our disease. Thousands and Thousands of addicts have Recovered to Live drug free Lives.

Narcotics Anonymous also provides a blueprint for Living a Happy, Joyous and Free Life. The Program of Narcotics Anonymous stretches all over the World offering the Message of Hope and Promise of Freedom to all those that make the effort to get it. The Recovering addict is a Vision of Hope.

The World and the addict him or herself will no longer tolerate that old lie, "once an addict always an addict. " We Do Recover.

◆ IN THIS MOMENT ◆

With The God Of Our Own Understanding and the Fellowship of Narcotics Anonymous We will Recover to Live Clean and Healthy Lives.

July 10

The word humble applies because we approach this Power greater than ourselves to ask for the most wonderful gift of the program; the freedom to live without the limitations of our past ways.

— Gray Book, p. 49 (Step Seven, Lines 7-10)

Whenever we're talking or thinking positive about God it's a form of Prayer. Our positive actions using Spiritual Principles is a form of Prayer. When we're writing in our daily journals or writing our Steps our Audience is God.

Our Spirituality is connected to God. Narcotics Anonymous is connected with God.

So it's no surprise that our Recovery should be connected to God. True Anonymity in action dispels the idea of taking any credit for our Recovery. Some members say that Humility is not thinking less of yourself, it's thinking of yourself less.

The results of applying these Spiritual Tools is Humility. We get Humble; Humble gets us. Humility is the Spiritual Fruit of all our selfless actions.

Step Seven reminds us to approach the God Of Our Own Understanding with this attitude and Principle. Demanding God or telling God what to do is not approaching God with Humility. In fact, some members will get on their knees for this Step. After all, how many times in our Lives have we gotten on our knees to ask for something, well, this should be one of those times; at least in a Spiritual sense anyway.

Our Gratitude is set in Motion when we Practice the Spiritual Principles of Narcotics Anonymous in our Lives on a daily basis. The opposite can also be said about separating ourselves from God and the Program when we don't Practice Spiritual Principles. We're not perfect, but we can strive for Adequacy. We ask for Help, which is a form of Humility.

We learn Self-Acceptance through acknowledging our limitations. We finally make our God an action figure in our Lives.

◆ IN THIS MOMENT ◆

We will recognize when God is and not present in our thoughts and actions. We will ask for Help.

July 11

Giving comfort and encouragement to others encourages and comforts us.

— Gray Book, p. 69 (Step Twelve, Lines 10-11)

The Spiritual Principle of Sharing is one of our greatest tool for Recovery. We learn that pain Shared is pain lessened, because others Share our pain. When we Share Joy our Joy is doubled, because others Share our Joy.

When we Share our Recovery, we reinforce our own Recovery. Let's face it, as using addicts the concept of sharing was foreign to us. The disease of addiction is solely about satisfying our addiction and most basic needs.

There were never enough drugs for us, never mind sharing with others. The disease of addiction cut us off from this Spiritual human experience.

We use to live and live to use was our motto. Arriving to Narcotics Anonymous members that came before us Shared their stories, Hopes and Recovery with us. As we Shared in meetings, members responded with the nod of Empathy.

We learned more about this Sharing experience when we chose a Sponsor. We soon learned that this one on one intimate Sharing was an antidote to our disease thinking. Sharing with others made it possible for others to know us, and we also got to know ourselves. Our selfishness started to dissolve as we worked and Lived the Steps and Traditions.

We became selfless in our Share and in our service to Narcotics Anonymous. We receive this Precious Gift only to Share it with others. We Share these Spiritual Principles as we interact with others and in our personal relationships.

The God of Our Own Understanding makes this selfless act possible in our Lives. Today we receive in order Give.

◆ IN THIS MOMENT ◆

We Freely Give what was so Freely Given to us. We get Encouraged as we Encourage others.

July 12

We were trapped by our need for connections and cash During that time our total being, the mind, body, the soul was dominated by the drug.

— Gray Book, p. 37 (Step Three, Lines 12-16)

Our Literature tells us that there're two things that make up the disease of addiction, obsession and compulsion. Most of us can't argue that this describes how we used drugs. In fact, it probably describes how we as using addicts lived most of our lives, even before the drug use. Drug use enhanced our addiction, after a while, for most of us, it was all we can think about.

Drugs and addiction became the center of our lives. We use to live and live to use. Most of us put using ahead of the welfare of our Families, Friends and ourselves.

The drugs came first, then everything else, if at all. At this point most of had to use, we had no choice. We were caught in the grip of our addiction and saw no way out.

We couldn't stop on our own, we needed something to happen that stopped us. We call this our bottom.

Arriving to Narcotics Anonymous and Surrendering to its Spiritual Principles opened up the Solution to our problem. The First Step treated our compulsion, and the Second Step treated our obsession. We realize that we cannot do the Program by ourselves.

We need the Help of a God Of Our Own Understanding and the Fellowship of Narcotics Anonymous. In Narcotics Anonymous we treat more than just the symptoms of our disease. Working and Living the Program results in a total Spiritual Awakening.

◆ IN THIS MOMENT ◆

We will Practice Spiritual Principles in every area of our Lives, because addiction affects every area of our Lives.

July 13

If we are hurting, and most of us do from time to time, we learn to ask for help.

— Gray Book, p. 131 (Chapter Seven, Lines 21-23)

Recovery in Narcotics Anonymous does not make us immune from pain. In fact living without the use of drugs can make Life even more painful.

After all, we're not medicating ourselves any longer. Our Second Step reminds us that we need a Power Greater than ourselves to relieve our pain. In fact pain of Living without drugs will force us to seek this Power. Many of us do not seek the Narcotics Anonymous Steps as a Solution; even after being a member for sometime.

These unfortunate members go on to seek medication from doctors, and some go on to use street drugs again. This is what our Literature calls a relapse, a return to using drugs. If we're lucky enough to return after a relapse, we seek Help from our Fellowship. The welcoming back Helps us from being too hard on ourselves.

We began our Program again; we are new again. This time we learn to Live in the Moment.

Our members take pleasure in Helping a relapser Recover. We take Step One, this time we apply Honesty and Align our actions to the Truth. We Surrender to the Spiritual Principles of Narcotics Anonymous and Practice them in every area of our Lives. This time, we Practice a Living Program.

We learn that no amount of Spirituality will keep us from experiencing Life's pains. We do, however, have our HP, Steps, Sponsorship and the Fellowship of Narcotics Anonymous to Help us during these painful times. No one said Life on God's Terms was going to be easy.

It is Simple though.

◆ IN THIS MOMENT ◆

Pain Shared is pain lessened. We will be there for others when they're in pain. We will also ask for Help when we're in pain as well.

July 14

Having decided we want God, as we understood Him, to relieve us of the useless or destructive aspects of our personalities, we have arrived at the Seventh Step.

— Gray Book, p. 48 (Step Seven, Line 12-14)

Our personalities were greatly influenced by our disease. We wore many masks, and many times compromised our beliefs and Principles, just to get the next one. The more and the longer we used, the more we as a person were disappearing.

Toward the end it was mostly our disease that was present. In Narcotics Anonymous the Steps and Traditions are designed to repair our broken personalities. Our Spirits are Awakened, and we find a New Way To Live, drug free.

Our defects, although were useful to us in active addiction, have no use for us in our New Way of Life. After coming to Narcotics Anonymous, many of us although clean, still refuse to change. Being Physically clean and Spiritually dirty is a contradiction to Recovery.

When the pain of remaining the same becomes greater than the pain of changing, we Surrender. A deeper level of Surrender is what's call for as we go through each Step. The God of Our Own Understanding will supply us with the Power we need to Live these Spiritual Principles.

Letting go of our Defects and asking the God of Our Understanding to remove our shortcomings along with action, is what makes our Recovery possible. Living the Principles of the Steps is how we work and Live the Steps. We learn to Live the Program and share it with others.

◆ IN THIS MOMENT ◆

We ask God to remove these useless traits that are no longer needed in this Way Of Life.

July 15

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We made a list of all persons we had harmed, and became willing to make amends to them all.

— Gray Book, p. 50 (Chapter Eight, Header)

Our Gray Book says that the point of the Eighth Step is Willingness. Are we Willing to make Amends for all the harms we caused. Some of us had to be Willing to make the list in the first place. Willingness To Try is the Spiritual Principle we want to Practice at this point.

We ask and Pray for Guidance. The prior Steps if worked to the best of our abilities will supply the Faith and Courage that's needed for this Spiritual task. Like any of our Steps the Healing is in the writing.

Parts of our subconscious are unlocked as we write. Revealing each person, place and thing we harmed and how we harmed them; will show us exactly how the disease of addiction affected us. We should also include ourselves on the list because of the Spiritual and mental damage we caused ourselves while hurting others. The purpose of this Step is to Achieve Freedom from the guilt that burdens us.

The Spiritual Principle of Forgiveness will be our focus here. We were already Forgiven by the God Of Our Own Understanding in the previous Steps. Since we're not Greater than God, we Forgive ourselves as well as others.

We become Willing even though in some cases Amends to them won't be practical or possible. Part of the Amends Process is that we are Willing to Change. We learn about personal boundaries and how to Respect boundaries.

We learn that most of the times we were the victimizers and not victims. We look at our side and what we did.

Because of our using, most of us put ourselves in a position to be hurt by others. In the Seventh Step God Forgives us; in the Eighth Step we Forgive us; in the Ninth Step possibly we are Forgiven.

◆ IN THIS MOMENT ◆

It is Revealed to us that the Twelve Steps are all Amends Steps.

July 16

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Before coming to the fellowship of N.A., we were irresponsible with our lives. We used drugs to cover up our humiliation, guilt, inferiority and feelings of inadequacy.

— Gray Book, p. 23 (Chapter Three, Lines 1-3)

For a lot of us, drugs were our Solution for a long time. Drugs were the answer to our lack of Spirituality and coping skills. Most of us would've committed instant suicide if it wasn't for medicating ourselves with drugs.

We realize that addiction was present long before we picked up. Our spiritual decay had its beginning and progressing as children. Some symptoms of the disease of addiction were depression, anxiety, frustration, low self-esteem and many other ills.

Many of us were misdiagnosed, doctors enabled our disease by prescribing medication. This only made things worst and made our addiction progress. Some of us sought answers through religion and other institutions.

We used people to fill our voids. All these things failed to not only produce Abstinence but any type of Recovery at all.

Our addiction continued to progress until we arrived to Narcotics Anonymous. This Solution wasn't even our idea. We were beaten into submission and forced to try something new we never tried before.

Narcotics Anonymous became the last thing we tried and the first thing that worked. Today with Spiritual Principles we're able to have a different perspective of our Lives.

We have a new set of feelings we can feel. It started with the Hope that was Shared by others. With this new evidence we were able to have Hope that we to can Recover. For the first time in a long time, we became Responsible, first for our Recovery and then, to Carry the Message of Narcotics Anonymous to those seeking Recovery.

We're no longer using drugs or anything else to cover up our feelings of self and others. We gain a new vision of how our Lives could and should be. Today we are ok with being Adequate for perfection is a Divine quality, our Gray Book tells us.

◆ IN THIS MOMENT ◆

We feel our feelings and survive our emotions. We no longer use drugs or anything else to numb us.

July 17

Do we fully accept the fact that our every attempt to stop using or control our using failed?

— Gray Book, p. 29 (Chapter Four, Lines 4-5)

Our Literature tells us that we became powerless over our use of drugs. How many times in our active addiction did we try to control our using? We told ourselves we wouldn't use today, or only on certain days, only to use again against our Will. After a while we saw that we didn't use drugs; drugs actually used us.

Many times we found ourselves using drugs at the most inconvenient times. We used before or during work.

We used before special events that we should have been mentally and emotionally present for. Some of used right before a court date, not knowing or caring if we would be tested that day. Our denial prevented us from acknowledging our powerlessness.

The spiritual part of the disease kept us from seeing the destruction addiction was causing around us. When we did see the harms we caused because of our addiction; we were unable to stop. After arriving to Narcotics Anonymous and achieving Complete and Total Abstinence, we started to experience the inertia from the wreckage that resulted from our using. Working and Living the First Step Help to shatter our illusion that we were in control.

Powerless meant that we used drugs against our Will, and regardless of the consequences. The Second Step in N.A. treats the mental part of the disease. A Power Greater Than Ourselves is what's used to relieve our obsession to use.

Turning our Will and Life over to the Care of this Higher Power in the Third Step enforces that our denial has been broken.

◆ IN THIS MOMENT ◆

We will Surrender to the Principles of Narcotics Anonymous as an act of Faith that this Program works.

July 18

Medicine, religion and psychiatry seemed to have no answers for us that we could use. All these methods having failed for us, in desperation, we sought help from each other in Narcotics Anonymous.

— Gray Book, p. 23 (Chapter Three, Header)

Why Are We Here Chapter describes the life of a using drug addict. It describes the progression of the disease of addiction as it pertains to drug use. Our Identification as addicts comes from some of these symptoms and events.

Our irresponsibility in our lives was causing our own problems. Medicating ourselves to cover up feelings of inferiority and inadequacy just to mention a few. Waking up sick and doing whatever it took to keep using.

Our path of destruction was unbeknownst to us, and hurting mostly the ones we loved. Toward the end of our bottoms, we tried several other remedies to our problems. We tried new jobs, new towns, new lovers.

We tried religion, therapists, doctors, psychiatrists, medication, other drugs and institutions, including jails. Our Literature tells us that these so call solutions did not hold any answers that we could use. Most of us tried them all and it failed to bring us Complete and Total Abstinence and Recovery. Most of us arrived to Narcotics Anonymous when we ran out of choices.

For many of us it can be described as the last house on the block. We arrived out of desperation and were beaten into submission by our pain. Narcotics Anonymous was what was missing, all our lives.

We felt what home is supposed to feel like here. The members Greeted us with Unconditional Love.

Our Identification as addicts came at a deep level of feelings and emotions. This is the wordless language of Empathy. Welcome to Narcotics Anonymous, Welcome Home.

◆ IN THIS MOMENT ◆

We will have Gratitude for this God Given Program by Sharing it with others that seek it.

July 19

Those dreams we gave up long ago can now become realities with God's help.

— Gray Book, p. 106 (Tradition Seven, Lines 23-24)

Before coming to Narcotics Anonymous, many of us had dreams. We dreamed of being successful, and having Families of our own.

Most of us had our dreams destroyed by active addiction. Not only our dreams were cut short, but we also through our using, destroyed the dreams of others. We needed money to support our addiction, so we depended on others for money and stole from them and others. After coming to Narcotics Anonymous, working and Living the Steps and Traditions, we learned to stand on our own two feet.

Our Freedom, first from active addiction, then we experienced Freedom from self and then others. Our Literature tells us that " the sooner we face our problems within our society, in everyday living, just that much faster do we become acceptable, responsible, and productive members of that society. " Even though social acceptability doesn't equal Recovery, we learn to function without the use of drugs. This is a dream come True. We also become responsible, for ourselves and our Loved ones.

In the same way as individuals, we become fully self-supporting, as Groups we become fully self-supporting as well. Our Seventh Tradition tells us that we no longer ask for handouts.

As individuals and Groups we experience the Principle of Freedom. This Freedom gives us the ability to grow in Spiritual ways.

Individually our wildest dreams become a Reality, as a Group we share the Message of Hope, and the Promise of Freedom with the suffering addict and others.

◆ IN THIS MOMENT ◆

Recovery gives us the opportunity for Unlimited Spiritual Growth, this Growth should affect us in all areas of our Lives and in the Lives of others.

July 20

We admitted that we were powerless over our addiction, that our lives had become unmanageable.

— Gray Book, p. 30 (Step One, Header)

In Narcotics Anonymous our Admittance must be followed by actions. Aligning our actions to the Truth is a form of Surrender.

This is how the Honest Desire can be measured by ourselves. Our First Step states when we Admit our powerlessness and unmanageability, in our Lives, we open the door to Recovery and a Power to Help us. We don't take credit for arriving to Narcotics Anonymous.

We were beaten into submission. Our level of Surrender is measured by our Willingness to Try. We do the action called for in the First Step by Attending Meetings, getting and using a N.A. Sponsor, reading our Literature, joining and getting a commitment at a Home Group and developing a Support network.

These are just suggestions if you want to Achieve and Maintain Abstinence and make Recovery possible. There's a deeper level of Surrender and Admittance as we progress with the Steps and Traditions. We Practice this Living Program of Narcotics Anonymous to Maintain this Daily Reprieve, from the horrors of addiction.

In the First Step we develop smart feet as we Attend Meetings. We start to Recover from our feet up. If we don't Practice these suggestions, then we're not Practicing Honesty, and we're actually closing that door to Recovery and that Power that will Help us.

◆ IN THIS MOMENT ◆

We will do more than Admit we're addicts with our lips. We will Align our actions to the Truth.

July 21

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If after a period of time we find ourselves in trouble with our Recovery, we have probably stopped doing one or more of the things which helped us in the earlier stages of Recovery.

— Gray Book, p. 144 (Chapter Nine, Lines 17-20)

For the Recovering addict using drugs usually comes at the end of a relapse. Many members with substantial clean time sometimes fail to see its beginning.

Spiritual Complacency is the beginning of the relapse process. As we travel on this Journey of Recovery, our Lives start to get busier. Our Literature tells us that part of our Recovery is to become Productive, Acceptable, and Responsible members of Society.

It also tells us that Social Acceptability does not equal Recovery. Our Primary Purpose is to get Clean, Live these Spiritual Principles in all of our affairs, and carry the Narcotics Anonymous Message to the suffering addict seeking Recovery. Some symptoms of Recovery are that we receive Gifts.

Some members start to Live Life to the fullest. Some of us become employed, some get married and start Families.

These Gifts mentioned should not be connected to our Recovery. We have to work the Program whether these things are in our Lives or not. Material things are not the point or purpose of our Recovery.

Even some of our richest members always had material possessions after they hit bottom. That didn't Help them get or stay Clean and in Recovery. Some of us get too busy to Recover, and we start to slight in our Program. This is the beginning of the Relapse process, and if we don't recommit to our Program, the Recovery process ceases, and we can find ourselves hopeless, isolating and eventually returning to using drugs once again.

By working with others and continuing to Practice the Basics, we will never have to return to the Basics. Our Program is an Uphill Journey, so standing still will cause us to backside. What worked for us in the beginning of our Recovery can continue to work for us Today.

◆ IN THIS MOMENT ◆

We will continue moving on the right track, because there's always another train coming. We don't measure our Recovery by our Social and material successes.

July 22

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For us, to use is to die. We have seen addicts come to our Fellowship, try our program, stay clean for a period of time, only to drift gradually away.

— Gray Book, p. 119 (Chapter Seven, Lines 1-3)

Our Literature reminds us that addiction is a contradiction to living. There's no cure for our disease in N.A., and addiction is also progressive and fatal, but we can treat it with a Daily Reprieve. Since addiction and withdrawal distort rational thoughts, We as newcomers shouldn't think for ourselves. We need to follow the N.A.

Suggestions. Focusing on not using and achieving Total and Complete Abstinence should be our first Priority and Task. We first learn about the most obvious Symptom of our disease, which is the using of drugs.

Living without the use of drugs, however, is the greater aspect of our disease. Our Second Step is what's needed to fill in the void and ease the pain of Living without drugs. The disease we in Narcotics Anonymous suffer from tells us we don't have a disease.

Although some of our member's obsession might be lifted, some can confuse this for being cured; but can still be suffering from untreated addiction. The Daily Reprieve we get is dependent on our Spiritual Maintenance, which stays active only if we work a Living Program. Some members make the effort to keep Recovering. Some skip the Second Step and seek medication as a Solution.

Eventually many drift away from N.A. Some members float out on a cloud of religious or social zeal.

Many die from returning to active use of drugs or its lifestyle. Even if we don't see these members after they leave N.A., we can almost assume they are living the horrors of addiction. Some may not have been real addicts in the first place.

Whatever the case, we find that Complete and Total Abstinence; and Practicing a Living Program with the Help of God and the Fellowship of Narcotics Anonymous is the best treatment for this treatable disease.

◆ IN THIS MOMENT ◆

We will stick and stay by Practicing the Spiritual Principles of Narcotics Anonymous.

July 23

For so long, we have wanted and demanded that things go our way We know from our past experiences that our way of doing things did not work.

— Gray Book, p. 144 (Chapter Nine, Lines 4-10)

The most difficult record to break is our own track record. The insanity of the disease kept us repeating the same mistakes over and over. Our Gray Book goes on to say, "Addiction is a disease which manifested in us at an indeterminable point in our lives. " It goes on to say, "In a rare moment of clarity, we were able to look at the whole scene in all its insanity. " This is the opening that was needed to Graft a New Idea on a close mind.

This quick opening of our closed mind can be the beginning of making Surrender. We get to see that our old way did not work.

We begin to develop the Willingness to try; our Honest desire for ourselves will be determined by our actions. In Narcotics Anonymous we unlearn as well as learn new Attitudes and behaviors.

We're introduced to a Higher Power that makes our Recovery possible. As we continue to Progress in our Recovery, we continue to increase our Faith and our Hope continues to progress, as a result. We keep Surrendering by Practicing the Spiritual Principles of Narcotics Anonymous on a daily basis in every area of our Lives.

Our Literature tells us that when we refuse to Practice Acceptance we are, in effect, denying our Faith in a Higher Power. The Spiritual Principle of Anonymity shows us not to take credit for our Recovery. We do the footwork and leave the results to the God Of Our Own Understanding.

We give our God all the Glory by showing our Gratitude in Motion. We Share this Precious Gift with all who seek Recovery in Narcotics Anonymous.

◆ IN THIS MOMENT ◆

We will continue to break the most difficult record in the world, our own.

July 24

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For many years, we have covered up our low self-esteem by hiding behind phony images that we hoped would fool people. Unfortunately, we ended up fooling ourselves more than anyone. The masks have to go.

— Gray Book, p. 45 (Step Five, Lines 22-28)

As the disease of addiction progressed in our lives, our True selves seemed to have disappeared. Our personalities took a dark twist for the worst, on a deep level. Addiction took us to places we've never gone before.

Using drugs, for a lot of us was a twenty-four hour job. Just the getting, using and finding the means and ways to use some more, was a destructive cycle. At that point we had no choice; we had to use.

We were in the grip of a destructive, deadly powerful force. Our defects of character became the tools that enabled us to use drugs. We wore many masks to manipulate people, places and things to make our addiction possible.

Most of us even broke some, if not all, of our personal beliefs and morals. We were not ourselves, we were more of the disease in our practices.

We live to use and use to live. Our low self-esteem and insecurities became one of the reasons we picked up in the first place. After arriving to Narcotics Anonymous, we find out that we were sick from the disease of addiction before we even started using drugs. Our First Step confirms that we're not addicts because we use drugs.

We use drugs because we're addicts. It's the disease of addiction that makes us addicts, not the drugs.

Active addiction and withdrawal distorted rational thoughts. Denial, self-obsession and selfcenteredness became our core problem. Practicing the Spiritual Principles of Narcotics Anonymous gives us the Blueprint for a much-needed personality change. This is a daily transformation that's possible with the God Of Our Own Understanding and by Practicing the Living Program of Narcotics Anonymous.

With each Step we Live we make the Surrender needed to Grow in this Journey of Recovery. We are no longer seeking approval from others to validate our True selves. We Gain the Promise Of Freedom that Narcotics Anonymous offers, but we must continue to do the footwork each day.

◆ IN THIS MOMENT ◆

Step Five gives us the mask removal process, so we can be our Honest, True selves, even if it's for the first time.

July 25

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Having had a Spiritual Awakening as a result of these Steps, we sought to carry the message to addicts and to practice these Principles in all our Affairs.

— Gray Book, p. 59 (Step Twelve, Step Twelve Header)

The original Step use to read, "as a result of THOSE Steps practice THESE Principles in all our Affairs", that was to imply that our Spiritual Awakening happens during and as a result of Practicing the Spiritual Principles of each Step up to Step 12. Steps 1-11 prepare us to take the show on the road. Love and Service are the main Principles behind Step 12. Love of self should occur before we love others.

We start to love ourselves as we work Steps 4-11. It only makes sense that we have Love in order to give Love away.

Any Service done before this can be confused with prestige and ego, which actually does a disservice to us and those we are trying to serve. Many conflicts happen in the name of Service; have you been to a naws area meeting lately? Egos clash and disagreements create dissension and our Primary Purpose is not Primary anymore. When members work the Steps and have a working Relationship with the God Of Their Understanding, the Spiritual Principles Practice wouldn't be in conflict.

A working Knowledge of the Traditions may not be enough, an actual study and application may be needed in certain levels of Service. Electing members before they are Spiritually ready for Service positions, can do more damage than Good. Our Symbol talks about Good Will, doing the right thing for the right reasons, our motive for doing Service should be to Serve others, not ourselves. Us staying clean is secondary.

A symptom of helping others, is that we get to keep what we have. If what we have is not working then, we get to keep that as well. Service Based Recovery is actually self-defeating, we don't Recover through Service.

We Recover through working the Steps, then we Practice these Principles through our Traditions. We have to ask ourselves; is my Service, Recovery Based? Or do I have Service Based, Recovery?

Taking inventory on why we're serving may open up some insight, and it makes sure our motives don't have motives. Love and Service should be our only motive, if we've worked THOSE Steps.

◆ IN THIS MOMENT ◆

We will continue working on self, so we will have something to give, we can't give what we don't have.

July 26

We gave up--quit struggling--surrendered completely and unconditionally. Then and only then did we begin to recover from the disease of addiction.

— Gray Book, p. 33 (Step One, Lines 13-15)

Surrender to win. We have heard this several times throughout our Recovery, but many don't truly understand. In order to have any chance to Recover against the disease of addiction, we must stop fighting the disease; the fight is fixed.

First we must surrender to complete abstinence and to our powerlessness and unmanageability of our lives. Until we accept this, the door to Recovery will remain closed. We can rationalize and justify excuses over and over.

We can be beaten, locked up, almost die, lose Family, jobs and everything we have, but it doesn't matter if we don't Surrender. Unconditional Surrender means that we accept the Principles of Narcotics Anonymous. The message says that we can stop using and lose the desire to use. N.A. does not work if we adapt it into our lives, we have to adapt our lives into N.A.

Every thing we tried before coming to N.A. failed. Our First Step calls for Honesty.

Honesty means we align our actions to the Truth. Attending meetings, reading and studying Literature, working with our Sponsors, doing Service and helping others, is how we Practice Honesty. Practicing Honesty is a form of Surrender. Unconditional Surrender means that we work the Program no matter what.

Job or no job, Family or no Family, money or no money, during sickness or health. This is why there is only one requirement for membership in N.A.

Without it we can't Recover.

◆ IN THIS MOMENT ◆

We will practice the Principle of Surrender. It will let us grow in our Recovery on a daily basis.

July 27

After coming to the Narcotics Anonymous Fellowship, we find ourselves among a very special group of people. Many were a great deal worse off than we were. Here we found hope.

— Gray Book, p. 17 (Chapter Two, Lines 9-12)

For a long time we have been looking for a way out. We tried multiple ways, things and people to stop our using, but nothing worked.

We found out that we could not control our addiction. Beaten down and defeated we sought help from Narcotics Anonymous. Here we met people much like ourselves, whose lives were controlled and ruined by the use of drugs.

These same people were now Happy, Joyous and Free, and they weren't using drugs. They have found a way out, not only did they not use drugs anymore, but they were happy without them. The message of Hope and the Promise of Freedom was evident soon after we entered the rooms of Narcotics Anonymous.

We were told Welcome Home and to Keep Coming Back, and we did. We found what we were always looking for, in Narcotics Anonymous, Unconditional Love. People Loved us until we learned to Love ourselves.

The more we heard other's experiences, the more we heard, "That Wordless Language of Recognition, Belief and Faith, which we call Empathy " Our Identification as addicts is more about the hopeless state we found ourselves from our active addiction, to the Hopeful state we found with others in Narcotics Anonymous. It's a We Program, so We need others to work the Program. Steps One through Eleven begin with the word We, because We need each other for Recovery to work. One Addict Helping Another Is Without Parallel.

Our Basic Text says that, "The Heart of N.A. beats when two addicts share their Recovery. " So we get and use a N.A. Sponsor to work the Steps; as our Spirits Awaken, we share this Gift with others. Our Gratitude is shown by the way we Live.

◆ IN THIS MOMENT ◆

With the Help of the Fellowship of Narcotics Anonymous, we continue on this Spiritual Journey.

July 28

We have feared that if we ever revealed ourselves as we really were, we would surely be rejected.

— Gray Book, p. 44 (Step Five, Lines 14-15)

For years, we had rejected ourselves, our active addiction took us to places, we thought we would never go to. Sometimes we did things we thought we would never see ourselves doing. These strange twists of our personality was caused by us wearing different masks to fit our addiction.

Sometimes it's not the people who change, it's the mask that falls off. I remember that I first needed the acceptance of others in N.A.

Eventually N.A. helped me not need to seek out that acceptance, but love myself for myself instead. When we first arrived to N.A., we're encouraged to keep coming back; we were apprehensive about letting anyone in. Most people we'd ever trusted had let us down, maybe even abandoned us. Through working the steps, we gained the Acceptance of ourselves, defects and all; and when we can accept our own imperfections, we learn to accept the imperfections of others.

We discover they're not so different from us after all. We learned in our Fifth Step that the masks have to go.

Self-Acceptance was our Solution; the Steps direct us to first Accept our disease and ourselves as addicts. We begin the Process of Self-Acceptance in Steps Four through Six, once we Accept ourselves as we are, we start to Accept others.

◆ IN THIS MOMENT ◆

With this new-found Humility we stop feeling self-rejection and rejection from others.

July 29

The Eighth Step starts the procedure of forgiving other people, being forgiven by them, and learning how to live in the world as a drug-free human being.

— Gray Book, p. 50 (Step Eight, Lines 15-18)

Our Basic Text says, "This step is the test of our new-found humility. " This Step Frees us from the guilt we achieved through our harms to ourselves and others. The Spiritual Principle of "Willingness To Try", would be a good start. We had to Practice the Privilege of feeling good about ourselves that our Fourth Step offers.

For many of us our Eighth Step list will nearly double from our Fourth Step list. A word to the wise; don't burn your Fourth Step list, you're going to need it. Our disease will try to convince us that we were the victims.

We must not forget that we, along with our addiction, put ourselves in a position to provoke others. For some of us there were some situations that we as children, or by default, were actually true victims, of others and their addiction. Holding on to these resentments can actually cease the whole Forgiveness Process.

Our Basic Text reminds us that we become ready to understand rather than to be understood. We can Pray to the God Of Our Own Understanding to relieve our aggression and fears. The Healing is in the writing.

Writing unlocks certain parts of our subconscious that are hidden from us. We learn that during active addiction almost everyone we came in contact with, we affected negatively. Some harms were so subtle that we didn't even know we caused them.

As the Forgiveness Process progresses, we see that we hurt ourselves by causing harm to others. We put ourselves on the list and learn to Forgive ourselves as well. We finally can lift our heads straight forward.

We learn True Freedom and are capable of looking at other people in the eyes and face the World At Large.

◆ IN THIS MOMENT ◆

The Process of Steps Seven and Eight will Help us execute the actions in our actual Amends, in our Ninth Step.

July 30

Continuing to take personal inventory means that we form a habit of looking at ourselves, our actions, our attitudes, and our relationships on a regular basis."

— Gray Book, p. 57 (Step Ten, Lines 14-16)

Although all the Steps in Narcotics Anonymous are Inventory Steps, the Tenth Step reminds us to make it a Daily Inventory. Since all we are Granted is a Daily Reprieve from active addiction; this Reprieve is contingent on a Daily Practice of the Spiritual Principles of Narcotics Anonymous. While using, we looked at everything and everyone, but ourselves. Lying and destructive behaviors were the way to get what we wanted, usually more drugs.

Now that we are clean, we try to Live according to the Spiritual Principles of N.A. instead of our old ways. Through working the Steps with a Sponsor, we examine our behaviors and get in touch with ourselves. We examine our Assets and our liabilities. Every day, we Surrender to the fact that we have a disease and our way of living did not work.

We examine how we live, so we can keep growing Spiritually to the best of our ability. We will make mistakes, but we will learn from them.

We will Change, and we will Grow by not using and Living this new-found Way Of Life. God will help us, if we let Him.

When Practicing Step Ten we are actually doing Steps One through Nine, the Process of looking at our Strengths and Weaknesses. We look at the True Nature of our Defects and also look at our Assets. The Tenth Step seems to have a negative connotation in that some focus on the corrective part of the Step. Focusing on the Preventive part seems to be more conducive to Growth.

Getting in a Habit of Practicing Spiritual Principles will make us fall short less. It also allows us to Inventory the Good we do, and the Good we're Capable of.

Our Relationships with God, Ourselves, and Others will Flourish.

◆ IN THIS MOMENT ◆

We will continue Growing on this Spiritual Journey, if we Continue to take Personal Inventory.

July 31

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We get relief through the Twelve Steps, and sharing with trusted friends. We love them and believe in the promise and hope that they offer.

— Gray Book, p. 140 (Chapter Eight, Lines 1-3)

Our Gray Book in Chapter Eight states, " our actual participation in recovery provides the health we need to respond to life and to arrest the disease of addiction. " Since the disease of addiction is incurable, progressive and fatal, we have to do more than "don't use no matter what. " Once we Surrender and achieve Cleanliness through Complete and Total Abstinence we're capable of Recovery. The Message of Hope and the Promise of Freedom is not automatic, it's what the Program of Narcotics Anonymous has to offer. We must Learn and Practice the Living Spiritual Program of Narcotics Anonymous.

Living without medicating ourselves with drugs can be also a living hell. We soon learn that addicts cannot live with or without the use of drugs.

However, there's a Spiritual Solution to our Spiritual problem. We base our Recovery on Twelve Spiritually Based Steps and Traditions as the Solution.

Our Literature and evidence show that those who work and Live the Narcotics Anonymous Program do not fail to find Recovery. Our best guarantee against the Spiritual, Mental and Physical relapses are the Steps and Traditions of Narcotics Anonymous. Recovery becomes a Reality as we Share this Precious Gift with others and Practice these Spiritual Principles in every area of our Lives on a Daily Basis.

Now it's about, "don't use, now what?" Narcotics Anonymous offers more than Freedom from active addiction.

◆ IN THIS MOMENT ◆

We will focus more on just not using. We will remember that Narcotics Anonymous is not a drug program; it's a Recovery Program.

August 1

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We turned to drugs because we are people who demand instant gratification and drugs gave us that instant satisfaction.

— Gray Book, p. 39 (Step Three, Lines 8-10)

In Narcotics Anonymous we're not concerned how or when we became addicts. Some might say they were born addicted.

Some might say that their upbringing had an effect in causing their addiction. Some might even say it was a choice and a bad decision to use drugs, then they got hooked. In Narcotics Anonymous, we focus on the Solution and not the problem.

We Accept that we suffer from a progressive, incurable, fatal disease. Our focus is on the treatment of the disease, not how we got it or the most obvious symptom, the drugs. We suffered from a disease that we always wanted instant gratification of our basic desires. The initial euphoria the drugs first gave us stopped; we had to use.

We could no longer enjoy the simple things in life. The drugs stopped working and turned against us, and now the drugs were using us. Whatever felt good we did to the extreme, we were still chasing that high the drugs gave us in the beginning. We tried filling this void with people, places and things.

In Narcotics Anonymous we learned that a Spiritual problem had to be treated with a Spiritual Solution. The Steps are our Solution; it's our blueprint for Life. We learned that only a Higher Power can relieve our obsessions and compulsions.

We unlearn our old ways. Through Living the Spiritual Principles of the Steps and Traditions, we develop another Perspective of our Lives. Our Perceptions about ourselves, God, others and the World at large, change for the better.

We are no longer self-seeking. We focus on Helping others and get out of self.

Our Spiritual Gratification helps us Grow. We want more of this so, we keep coming back.

◆ IN THIS MOMENT ◆

We will replace our instant gratification for Gratitude. We will take it easy and work the Program on a daily basis.

August 2

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Whenever we feel trapped or pressured, it takes great spiritual and emotional strength to be honest.

— Gray Book, p. 123-124 (Chapter Seven, Lines 36-1)

When we first came around, we might have heard that things around us might not get better; but we will get better with the things around us. The defects that have been saving our Lives until now are still with us. Trying to solve our problems while still acting on default is not a viable Solution in Recovery. Step One gives us the opportunity to practice Honesty.

Aligning our actions with the Truth results in some of our initial problems being resolved. We see how our original Surrender worked when it came to our using. As we progress in our Recovery, we will experience deeper levels of Surrender.

Our Second Step tells us that, "We grow to feel comfortable with our Higher Power as a source of strength. As we learn to trust this Power, we begin to overcome our fears of life." In times of stress our defects that we thought we let go of can surface again. Sometimes they look different and seem subtle, but they're the same defects dressed up in different clothing.

Once again we forget that change is not difficult, it's the resistance to change. Our Greatest Source of Strength becomes our Solution. One of the Spiritual Principles we can reach for and practice is Gratitude.

As we practice some Spiritual Principles, it becomes like the domino effect. Honesty becomes the antidote to our disease thinking.

The old tools of our disease seem to subside, and the Spiritual Solution becomes the answer. We tap into our Higher Power for the Strength to apply these Spiritual Principles. Honesty takes on a deeper meaning, once again we align our actions to the Truth.

As we practice these Principles in our Daily Lives, the evidence becomes clear. Our Sixth Step tells us that Faith, Humility and Acceptance replace pride and rebellion.

We Share this experience with others as we Live the Program.

◆ IN THIS MOMENT ◆

We can tap into this Power Greater Than Ourselves for the Strength and Guidance to face Life on God's Terms.

August 3

Many of us would have nowhere else to go if we could not trust our N.A. groups and members.

— Gray Book, p. 119 (Chapter Seven, Lines 11-12)

For many of us Narcotics Anonymous was the last house on the block. Toward the end in our active addiction, many of us searched for answers or solutions for our problem. Our Literature says that before coming to Narcotics Anonymous, everything we tried failed to hold any answers that we could use. Our disease always re-surfaced, ours was more than an Abstinence problem.

In some cases Abstinence wasn't even achieved. Having tried everything in desperation we found Narcotics Anonymous. For some of us it was the last thing we found, but the only thing that worked.

Here we found people just like us that suffered from a hopeless state. We learned that a Spiritual problem needed a Spiritual Solution. We found a Fellowship of people; we didn't have to be alone anymore.

We were finally home, and the members of Narcotics Anonymous became our Brothers and Sisters. We attended meetings where there we heard the Life Saving Message of N.A. Recovery. With other's Experience, Strength and Hope, together with the application of the Living Program of N.A., we too started to Recover.

The Empathy and Identification at meetings kept us coming back. Recovery is what happens at our meetings. We grow to Trust and depend on one another with our Lives.

This Healthy Dependence on God and the Groups sustains our Recovery and unlimited Growth. Finally, we found a viable Solution for our addiction problem. Through Total and Complete Abstinence, we are able to apply Spiritual Principles to arrest and treat this disease of addiction.

◆ IN THIS MOMENT ◆

We will never forget that nothing else ever worked for us, besides the Program of N.A. We will continue to apply what worked the first time, In This Moment.

August 4

We were finally free to be ourselves, because we were not trying to cover anything up. It was a great relief to be rid of all our secrets, to share the burden of past guilts.

— Gray Book, p. 45 (Step Five, Lines 30-33)

We've often heard at meetings that we're as sick as our secrets. After arriving to Narcotics Anonymous, most of us realized we were sick people. Living in active addiction requires that we hide behind a lot of phony images.

The things that some of us had to do to keep using only caused us degradation. We had feared if people got to know us we would surely be judged and rejected. Since dark places are where negatives are developed, we got sicker.

Our Literature reminds us that defects grow in the dark and die in the light of exposure. The Fifth Step is the Solution to having these defects exposed and identified. Admitting to God, ourselves and another human being starts this process.

Our first spoken Inventory might not reveal all our past mistakes. Our Goal with our Recovery in Narcotics Anonymous is to Achieve Adequacy, not perfection. The process of Prayer will be our most important Spiritual Tool at this point.

We continue with the Help of the God Of Our Own Understanding, our N.A. Sponsors, and the Fellowship of Narcotics Anonymous. We no longer have to be bogged down in our self-made prisons.

The Fifth Step is the Key to a deeper level of Freedom. Since we are only Offered a Daily Reprieve, our self-assessment will have to be a lifelong process, "A Day At A Time. "

◆ IN THIS MOMENT ◆

We will take a Healthy risk motivated by Faith to keep Growing in our Spiritual Journey in Narcotics Anonymous.

August 5

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The ability to accept God's will and feeling serene inside is freedom for us. Faith has replaced our fear and has given us a freedom from ourselves.

— Gray Book, p. 160 (Chapter Ten, Lines 17-20)

The Offer of the Promise of Freedom is part of the Narcotics Anonymous Message. Most of us experience Freedom from drugs and active addiction shortly after our arrival. For us, the N.A.

Program is more than just Freedom from active addiction. After all, if all we sought was Freedom from active addiction, we would be considered just another drug program. The N.A. Program Offers a New Way Of Life through Our Twelve Spiritually Based Steps and Traditions.

Working and Living this Spiritual Program unlocks our Spiritual Awakenings as a result. Our initial and consistent Surrenders make us available for our Personal Recovery. Another great Benefit from the N.A. Program is that it makes it possible to Seek and establish a Relationship with a God Of Our Own Understanding.

This Relationship will be our Greatest Source Of Strength and will Help make our other Relationships Healthy and possible. We first achieve Freedom from active addiction through Complete and Total Abstinence; then Freedom from our self-imposed prison. The Process of the Steps and Traditions will Grant us Freedom from others and the World At Large. Most of us have been our biggest obstacles.

God cannot Help us if we keep getting in the way. The Program Helps clear these obstructions and Acceptance is then possible. For our Daily Reprieve and Serenity, we need to stay in Conscious Contact with our Higher Power.

For our Progress in our Recovery, we need to do the Action. Finally, we begin to Live more with Faith and less with fear.

We must remember that we don't do this alone. We need the Help of The God of Our Own Understanding, Sponsors, and the Fellowship of Narcotics Anonymous. We Share this Precious Gift with all those who seek Recovery in Narcotics Anonymous in order to keep it.

◆ IN THIS MOMENT ◆

By Accepting and making Surrender, we make ourselves Available for God's Will.

August 6

Before, we thought in terms of self-centered materialism that could not possibly bring us Happiness. Now we live with a new outlook, that of caring and sharing the N.A. Way.

— Gray Book, p. 159 (Chapter Ten, Lines 31-34)

Our Literature tells us that we're not interested in how much or how little you have, but only in what you want to do about your problem and how we can help. The Third Tradition talks about how we are all Equal in N.A. Membership. The disease of addiction does not discriminate; our Members come from Park Ave or park bench, from Yale or jail.

Homeless or Hopeless we're all the same. Money, property or prestige does not Help or hinder our chances at Recovery, or in Carrying the Message. We hear it in our Meetings that Recovery is an inside job.

The First Step also says that social acceptability does not equal Recovery. With the Help of our Higher Power, Sponsor, Fellowship and Steps, we change from the inside out. The material Gifts are sometimes a symptom of Recovery.

We cannot afford to float out on a cloud of Social Zeal. Humility is a Principle that when practiced, keeps us right sized and our priorities in order. Adapting our lives into N.A. and not N.A. into our lives helps with this.

It doesn't matter how our outsides look if our insides are already in an emotional, mental and Spiritual relapse, no amount of material items will change that. Giving back what was Freely given to us changes how we view ourselves, others, and the World. We gain a Spirit of Empathy towards our fellow Recovering addicts that we didn't have before coming to N.A. We need to allow ourselves to become vulnerable and open to suggestions.

If not, we get the same results jails, institutions and death.

◆ IN THIS MOMENT ◆

I am the richest of the richest because I have learned the N.A. way, investing in myself and others rather than materialism.

August 7

When we forget this or the effort and tenacity it took us to get a period of time in our Lives when we experienced Freedom from within; ungratefulness sinks in and self-destructive behavior begins again.

— Gray Book, p. 128-129 (Chapter Seven, Lines 34-1)

The Spiritual Principle of Gratitude should be our First and Greatest Tool against dis-ease thinking. We must not forget that, "The progression of the disease is an ongoing process, even during abstinence, no matter how long. " We must always keep up front, the Beauty and Freedom, that resulted from N.A. and the God Of Our Own Understanding. Not using and Social acceptability alone, can guise as Recovery. We forget that the progression of our Recovery is a continuous uphill Journey. Our Spiritual Awakening must be on going, lest we shall fall asleep again.

Since relapse is a process, we could be in our last 30 days. Our Literature says, "Unless recognition and action is taken immediately that fall will encompass our existence and then we are along for the ride. " In other words we are in a downward spiral. Only returning to the Basics can save us.

Praying, Making meetings, calling our Sponsors, working with others; will get us out of ourselves. The N.A. Program is a twentyfour-hour Program.

We are only as good as our last Step Practiced. Our Daily Reprieve expires when we go to bed.

Since we can't stay clean on yesterday's shower, we must begin the input again. Are we Grateful before our feet hit the floor? Is our next move the next right thing? Are we asking for the Power to walk the walk?

Only a Program of Action can guarantee the next twenty-four. It can all start with the Spirit of Gratitude.

Peace and Serenity usually follow. We are now ready to do God's Bidding; we can now be Armored with our Higher Power's Love. We start to Practice a Living Program, not a dying one.

◆ IN THIS MOMENT ◆

"Our Gratitude Speaks When I Care And Share With Others The N.A. Way. "

August 8

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When we refuse to practice acceptance we are, in effect, denying our faith in a Higher Power.

— Gray Book, p. 144 (Chapter Nine, Lines 10-12)

Our Literature tells us that worrying is a lack of Faith; we must also include Surrender and Acceptance. Even though we don't hear about Faith until the Third Step, we can't help looking at the Evidence thus far. We were forced to stop using in the First Step, and Accept that we suffered from a disease.

This Admittance was followed by action in the Second Step. Our obsession was lifted as a result of this action and that gave us Hope, so there's no blind Faith.

We did the action, and that Process took away our obsession to use. Faith is the action that has to follow Hope, without the action of Faith, our Hope turns to desperation, once again. Part of Anonymity is not taking credit for our Recovery.

We can't do this alone. The Fruit of Trust is a result of our Faith; we need this in order to continue on this Journey we call Recovery in Narcotics Anonymous. When we forget who really got us clean, we start to run on self-will.

We have to remember that God's Will has its ending at the beginning of ours. We can cease the Recovery Process when we stop Practicing the Principles of Narcotics Anonymous. Since addiction affects every area of our lives, we must live by Spiritual Principles in every area of our lives as well. Surrender means we don't resist; Acceptance usually follows.

The longer we're in Recovery, the deeper our Surrender must go. Acceptance followed by Action is how we develop our Faith.

The proof is evident in the way we Live. One of the Greatest aspects in Narcotics Anonymous is that we don't have to do this alone because in Reality we can't.

◆ IN THIS MOMENT ◆

We will continue to look at the Evidence on what has worked for us thus far. We will see that our Faith is not blind Faith.

August 9

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The love was there all the time, waiting for us to accept it.

— Gray Book, p. 57 (Step Ten, Line 28)

As addicts, we were confused about Love. We spoke of Love with our lips, but our actions proved different.

Our Loved ones soon grew tired of enabling our using in the name of Love. We grew resentful when they stopped enabling our addiction or didn't care to have us around anymore. Many of us were hurt by Loved ones as Children, even before active addiction.

We became Love veterans, hurt by Love. Since we didn't Love ourselves, how can we Love anyone.

Most of our interactions with others were motivated by our addiction. We used drugs, but we also used people, places and things. Like our Literature says, "We use to live and live to use." If we felt unloved by people who were visible, with our eyes, how can we Believe something we couldn't see could Love us.

When some of us hit our bottoms, we reached out in desperation and called out for Help. This cry for Help was the end of our bottoms and the beginning of our Journey to Recovery. In our First Step we were beaten into submission.

The pain of Living without drugs and nothing to replace them, force us to seek Help from a Power Greater than ourselves. This Power we're introduced to in the Second Step is one that's Loving and Caring. Whether it's the Group or a Higher Power we experienced unconditional Love.

We heard members say, I Love you until you learn to Love yourself. We discover that Love was present all the time, we just needed to tap into it. Recovery in Narcotics Anonymous is Free and Available for all those who seek it.

Love is one of the Highest forms of Spiritual Principles manifested in our Lives. Yes, Love becomes an action word, not just a feeling. Motivated by Love and service, we Help supply Love for new members. Through the Steps and Traditions of Narcotics Anonymous, we are able to Practice Love and other Spiritual Principles in all our affairs.

◆ IN THIS MOMENT ◆

We learn to Accept the unconditional Love from our God and others in and out of the Fellowship of Narcotics Anonymous.

August 10

Many times, our efforts have produced in us feelings of peace and serenity that we have never known before. We know that in doing God's will, our lives will be fulfilled.

— Gray Book, p. 58 (Step Eleven, Lines 34-36)

Our Literature tells us that the Fruits of the Eleventh Step is Emotional Stability. We Pray for the Power, not over addiction, but the Power to Practice the Principles of the Program, in our daily lives. The Eleventh Step can be said to be the last preparation Step, before we take the Show on the Road.

When Praying to our Higher Power, we're Asking for His Will for us. When we Meditate to our Higher Power, we're Listening for the answer and the Power to carry His Will for us out. One of the Spiritual Awakenings as a result of those Steps is Serenity and Peace of Mind.

Most of us never experienced these Principles while using. For us it's a great Freedom to experience the Fruits of the Eleventh Step. At this point in our Recovery, we're not motivated as often by pain to do the right thing.

Our Gray Book says that, "Enforced morality lacks the force that comes from our own choice. We are no longer using foxhole Prayers to get us out of jams that our defects can put us in. Seeking though Prayer and Meditation to improve our Conscious Contact, is Surrender at its Finest.

Humility and Anonymity are also Principles that come as a result of this Step. This God Consciousness will prevent some of our pitfalls.

It will also serve as an Example of Power to others. Walking the talk is almost an impossibility without the God of Our Own Understanding and the Program of Narcotics Anonymous. During our Journey, we will see Glimpses of the people we can become without our defects. As we continue on this Path of Recovery, we will see that God's Will for us is exactly what we want for ourselves.

◆ IN THIS MOMENT ◆

We will Trust that God's Will for us will lead us to Living Happy, Joyous and Free.

August 11

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Often it means simply listening to those hunches and Intuitive feelings that we think would benefit others or ourselves and acting on them spontaneously.

— Gray Book, p. 151 (Chapter Ten, Lines 24-26)

One saying you might hear is: "Learn to Listen and Listen To Learn." In some meetings you might hear: "Take the cotton out of your ears and put it in your mouth." These suggestions are life savers; it makes it possible for us to hear the life saving Message of Narcotics Anonymous. When we first came into N.A., our minds were filled with unending thoughts of using. This obsession is part of what makes up the disease of addiction.

The Solution is in our Message, but we won't be able to hear it if we're filled with thoughts of insanity. The disease is loud, and its voice is heard over anger, confusion and anxiety. To hear our Recovery Message, which are Whispers from a Higher Power, we must remain Silent and Calm.

When we're new, it's suggested that we Listened. First of all we don't know what Narcotics Anonymous is about.

Narcotics Anonymous is a Program of its own, we have our own Language, Steps and Traditions. The way we Practice our Spiritual Principles are different from any outside entities.

What we consider being Abstinent from all drugs in order to Recover, is different from what all other organizations practice. As we gain some Clarity, we will see that our Truth and Perceptions were actually twisted by our addiction. Listening to those who came before us, we're able to hear their Experience, Empathy and Solution.

This Identification with others is what keeps us coming back and eventually saves our Lives. As we Progressed through the Steps, our voices in our heads get quieter.

This Process is usually confirmed in our Eleventh Step. Here we are asking our Higher Power to give us instructions on how to carry out His Will for us. Emotional Stability is one of its Fruits. Active Listening has its beginning when we first walk into the Program of Narcotics Anonymous, if we Listen to Learn.

◆ IN THIS MOMENT ◆

In order to pass on a Clear Message of Recovery in Narcotics Anonymous, we would have to Listen to a Clear Message of Recovery in Narcotics Anonymous.

August 12

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For us, an addict is a person who uses drugs, in any form, to the extent that the individual cannot live normally with or without them.

— Gray Book, p. 4 (Chapter One, Lines 26-28)

This is a good definition for us in Narcotics Anonymous. Many of our members didn't consider themselves addicts while in active addiction.

Before arriving to N.A., many of us had a different perception of what an addict was. Our Gray Book says, "The term "drug addict" conjured up visions of street crime, fear of the law, and needles. " This wasn't our experience for many of us. Our Literature also says that; everything from the sweet old lady hitting doctors for prescription drugs; to the junkie snatching purses for a fix, were both considered drug addicts, as well.

Although drugs don't make us addicts, it's actually the disease that makes us addicts. However, for Narcotics Anonymous purposes, we needed the identification of our unmanageability and powerlessness of our drug use, to first draw us in. Our identification as addicts come more from a deeper level of feelings and emotions, rather than the type or amount of the drugs used. The apparent symptoms of our disease, after a while, was what was first noticeable.

Some of us were so deep in our denial that a lot of times we were the last to know. Denial help build the walls that imprisoned us mentally.

In Narcotics Anonymous most of us arrive because of the apparent symptoms. These symptoms, which are the drugs themselves, accompanied by our intolerable behaviors toward others is what brings most of us in. After arriving to N.A., we find out we were sick people.

We find out that it was the disease of addiction that made us addicts, the drugs were just a symptom. An addict cannot live with the use of drugs, but more importantly an addict cannot live without the use of drugs either. This is the purpose of N.A. to provide a Spiritual Solution to a Spiritual problem, which is the disease of addiction, and the drug use that is one of the results.

◆ IN THIS MOMENT ◆

Have we convinced our innermost selves that we are addicts? The idea or belief that we can use drugs safely has to be shattered.

August 13

"We have learned this kind of unconditional love from our fellow addicts in Narcotics Anonymous. Through the love we have received in our Fellowship, we begin to feel lovable ourselves."

— Gray Book, p. 72 (Step Twelve, Lines 24-28)

We so often hear at meetings; we will love you, until you learn to love yourself. Some using addicts feel that they were rejected by their Friends and Family. This act of tough Love is often mistaken for lack of Love by the addict and by some loved ones as well.

That's why it's called tough Love, because it's tough on both parties. It seemed like it was conditional Love from both sides. Families and some close friends are not able to Twelve Step the using addict without any ineffective results.

Arriving to Narcotics Anonymous, we were Greeted by strangers with a hug and words of comfort. We wondered about their motives, after all, most of our recent experiences with Love; from our loved ones, appeared conditional. They Loved us as long as we didn't use.

This unconditional Love and Empathy shown to us by the N.A. Fellowship started our Healing process. We began to feel the end of isolation that was so prevalent in our Lives until then.

We began to feel Worthy of something Good; and Good for us. As our Healing and Recovery Process began, we became more Lovable to ourselves and to others. The Principle of Love becomes one of the most underlying Spiritual Principles that forms our Foundation in Narcotics Anonymous.

◆ IN THIS MOMENT ◆

We will Freely Give to others what was so Freely Given to us; Unconditional Love in Narcotics Anonymous.

August 14

We don't want to settle for the limitations of the past. We want to examine and re-examine all our old ideas, and constantly improve on them or replace them with new ones.

— Gray Book, p. 18 (Chapter Two, Lines 6-8)

Our Literature reminds us that we cannot graft a new idea into a closed mind. It tells us that an opening has to be made somewhere. For most of us our bottoms were that opening, and our Surrender was the Solution.

Regardless how we got here or why we must agree that we all made new discoveries. Living with or without drugs was our plight now. With a Fellowship and a Belief in a Power Greater Than Ourselves, we can arrest this fatal, progressive and incurable disease, just for that day.

Our Gray Book says, we become new people with Abstinence and the Steps. It tells us that our Daily Reprieve Frees us from our self-imposed life sentences. We Recover with each Spiritual Awakening as a result of Practicing a Living Program.

Our Creative Spirits enable us to a re visioning of all our Truths. Our Literature reminds us that what worked for us in one phase of our Recovery may not work for us in another. We as Recovering addicts must keep raising the bar in what our Truths and Sanity are. We keep making Surrender without pain as a motivator.

Our Gratitude for this Unlimited Growth shows as we continue in our Journey. It shows as we improve this Relationship with our God.

It shows as we Share this Precious Gift with those who seek Recovery. It Manifests itself when we carry the True Message of Narcotics Anonymous.

◆ IN THIS MOMENT ◆

We move forward on this Spiritual Journey by the re visioning of everything we know, especially what we know about the Truth.

August 15

We are probably not going to recover--physically, mentally or emotionally--overnight.

— Gray Book, p. 40 (Step Four, Lines 18-19)

Our Literature says that we didn't become addicts overnight. Recovery in Narcotics Anonymous happens overtime not overnight.

Narcotics Anonymous offers the Promise of Freedom and the Message of Hope. This Message of Hope only manifests in our Lives if we make the effort to get it. Fortunately, there's plenty of evidence from the surrounding members to Spark the Hope that leads to action on our part.

Many of us were surprised to see just how sick we were after arriving to N.A. and became Completely and Totally Abstinent. It was revealed to us that the disease of addiction affected every area of our Lives, and not just the physical use of drugs part. We soon learned that Recovery in Narcotics Anonymous is more than just Physical Abstinence from all drugs.

Our Recovery involves Applying the Spiritual Principles of the Steps and Traditions, of Narcotics Anonymous, to every area of our Lives. Since there's no cure for this progressive and fatal disease, our Recovery has to be Progressive in our Daily Reprieve. The Program of Narcotics Anonymous, the God Of Our Own Understanding, Sponsorship and the Fellowship of N.A. are the Spiritual Tools; it's what makes our Recovery possible. Emotional Stability and Spirituality are the last to return to us in our Recovery process.

Sharing this Precious Gift with those that seek Recovery in Narcotics Anonymous is how we keep it.

◆ IN THIS MOMENT ◆

We will Accept that this Recovery Process in Narcotics Anonymous is an overtime Solution, not an overnight process.

August 16

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Failure to accept the N.A. program and the full implications of our powerlessness has proven for many of us to be a fatal stumbling block in our recovery

— Gray Book, p. 129 (Chapter Seven, Lines 20-22)

Our First Step, at the beginning says that, "When we admit our powerlessness and the inability to manage our own lives, we open the door to recovery " The last paragraph says the same thing, except that, " we open the door for a Power greater than ourselves to help us " Both these passages are reminding us that Acceptance of our disease and our condition, is necessary for Recovery and ongoing Recovery. Our basic text talks about reservations we can have in our Program. In the NA Program, we surrender our will and our lives to a Higher Power as we understood it.

We became willing to practice the Spiritual Principles contained in Narcotics Anonymous. We started following suggestions given by others in our Journey and found that they work and helped us stay Clean.

Something we could have never Achieved before on our own. We learned that we cannot stop here, we're not powerless over drugs, but we learned that we have a disease called addiction that we have no Power over. This disease may manifest itself in the ways that we react, towards people, places and situations.

If we do not accept our powerless in all areas of our lives, the pain and misery will return and many of us will return to active addiction. By applying the N.A. Program to all areas of our lives, and in our Daily Affairs, we can stay Clean and Recover from our self-destructive personalities.

Narcotics Anonymous Grants us a Daily Reprieve and Offers only one Promise, the Freedom from active addiction. Anymore Spiritual Gifts we have to work for.

With the Help from our Sponsors, Our Higher Power and the Fellowship of Narcotics Anonymous, we never have to return to active addiction. Working the Steps and Traditions are the best guarantee against relapse and a seemingly hopeless state.

◆ IN THIS MOMENT ◆

We will Accept our powerlessness against the disease of addiction. We Surrender to a Higher Power on a Daily Basis that will Guide us to overcome any obstacles.

August 17

Upon working Step One, we affirmed our surrender to the principles of N.A., and only then did we overcome the alienation of being a drug addict.

— Gray Book, p. 31 (Step One, Lines 1-3)

Accepting through our Surrender to the disease of addiction, also initiates our Surrender to the Spiritual Solution to this disease. Narcotics Anonymous offers us a viable and proven method to treat our disease of addiction and Recovery from. The Steps and Traditions of Narcotics Anonymous is the Program that offers us a Daily Reprieve from active addiction and makes our Recovery possible.

One of Narcotics Anonymous Spiritual Principles is Complete and Total Abstinence from all drugs in order to Recover. We can't Recover if our minds and bodies are still clouded with drugs, illegal or prescribed, it doesn't matter.

Our minds and bodies don't know the difference. Working and Practicing the Honesty behind Step One proves we have Faith in the Program of Narcotics Anonymous and that it will work. We have countless proof of the Program working in the Lives of those addicts that arrived before us.

After working and Living the Steps, we learn that the drugs were the surface symptom of a deeper disease. We learn that the disease of addiction is what makes us addicts, not the drugs. If we really work the First Step in Narcotics Anonymous we begin to identify ourselves as addicts not drug addicts.

With our Admission and Surrender to the Spiritual Principles of N.A., we open the door to a Power Greater Than Ourselves; that can Help us in our Recovery. This Power Greater Than Ourselves becomes the God Of Our Own Understanding as we Progress through the Steps and Traditions.

◆ IN THIS MOMENT ◆

We will Recognize our God as our Greatest Source of Strength that will Guide us in our Recovery.

August 18

From liars, thieves and wards of the state to responsible productive members of society; these are the themes of character changes that take place in Narcotics Anonymous.

— Gray Book, p. 122 (Chapter Seven, Lines 2-5)

Chapter One in our Gray Book states, "We did not choose to become addicts. We suffer from a disease which expresses itself in ways that are anti-social and make detection, diagnosis and treatment difficult. " Because the disease of addiction manifests itself in ill behaviors, sometimes we are still cast out of society.

At least in the past anyway, where once an addict always an addict was society's view of addicts. Since 1953 Narcotics Anonymous has been proving the old lie to be untrue. Our Literature says that the sooner we can return to become Productive and Responsible members of our society, the better it is for us and society.

That doesn't mean we rush it just means that the sooner we work the Narcotics Anonymous Program, the sooner we can change that old lie; and have positive contributions to our Lives and the Lives of others. Today, addiction is considered a disease and not a moral deficiency. Narcotics Anonymous already knew that; it's been in our readings since the 50s.

That's why our views and treatment of our disease of addiction and our Recovery have to remain separate from society's views and treatment. Narcotics Anonymous is not a drug Program, we just don't treat the main symptom, which is the usage of drugs. Our Program offers more than just Freedom from active addiction.

Narcotics Anonymous offers a Spiritually Based Program based on Twelve Steps and Twelve Traditions without the use of drugs as a Recovery Program. Recovery in N.A. offers us a Total and Complete Spiritual Awakening as a result of Practicing a Living Program, Just For That Day.

◆ IN THIS MOMENT ◆

We will not only Achieve and Maintain Complete and Total Abstinence, but we will also Practice a Spiritual Daily Recovery Program.

August 19

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Let us apply our efforts to the obtainable and let the rest go. As we do the job at hand the balance changes and new opportunities for improvement present themselves.

— Gray Book, p. 83 (Chapter Five, Lines 9-11)

As addicts, we often find ourselves trapped in either resentments of the past or fear for the future. Anywhere but right here and right now.

We cannot change our past, nor do we know what the future holds for us. By focusing on the unobtainable, we find ourselves stuck and going nowhere.

We are often told by our friends in Narcotics Anonymous "First Things First," "Just For Today," and "Look At Your Feet." All we truly have is the present. The present is where we're able to participate in change. When we first come to the Fellowship, obtaining and maintaining Complete Abstinence is our First priority because this Abstinence is the cornerstone of our Recovery. "Staying Clean Must Come First. Once we're Clean, a void is created that forces us to seek a Power greater than ourselves to relieve the obsession to use.

From there our minds are finally clear enough for us to make a decision to turn our Will and Lives over to the Care of God as We Understood Him. Being in the Care of that Power gives us the Courage to assess ourselves in Step Four. This assessment gives us the information necessary to make an admission in the Fifth Step.

The logical conclusion of that admission is the Willingness of the Sixth Step. Our Process continues in this manner through the Twelfth Step in which we use our Spiritual Awakening to Carry this Message to others. Carrying this Message to others requires that we Live it by continuing to look at ourselves and improve.

In this way, each time we look at and act on our present state, the Balance changes and new possibilities present themselves. A member once explained Balance as a dynamic force which requires constant adjustment, like a tightrope walker. If we're not continuing to adjust, we will lose Balance and fall.

However, so long as we maintain Balance by focusing on where we're at right now, we get to move forward.

◆ IN THIS MOMENT ◆

With the Help of the Fellowship, we can see what task is in front of us. By focusing only on what we can do right now, the God of Our Understanding will open new avenues for us to travel.

August 20

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The Program of Narcotics Anonymous provided an opportunity for us to relieve our pain by applying the spiritual principles.

— Gray Book, p. 150 (Chapter Ten, Lines 6-8)

Pain is what brought many of us to Narcotics Anonymous. Physical, Mental, Spiritual, and we can add Emotional pain, forced us to seek relief. Many of us tried other solutions through religion, medicine, other people and other institutions.

After all these methods failed for us, we ended up in Narcotics Anonymous. For most of us, it was the last thing we tried, but it was the first that worked.

The last house on the block you could say. After years of selfinflicted pain, as a result of addiction, we finally sought help. In Narcotics Anonymous we were told from other members that we didn't have to live this way, that we had a choice.

We heard we didn't have to hurt ourselves or others anymore. The pain led us to Surrender, first to the disease, then to the Spiritual Principles of N.A. Our Second Step tells us that the pain of living without drugs or anything to replace them; forces us to seek a Power Greater Than Ourselves that can relieve our obsession to use. Withdrawal is pain that also is relieved by this Power.

The pain we experience as a result of addiction cannot be treated with more drugs. Ours is a Spiritual problem, not a medical one. Living by Spiritual Principles as we work the Steps with a N.A.

Sponsor, relieves us from our self-imposed pain. Living The Program helps us to live life to the fullest without needing to escape. Living Clean and by Spiritual Principles prevents us from causing more pain to ourselves and others.

We progress toward Healthy Living, Physically, Mentally, Spirituality and Emotionally and yes in that order. Recovery in N.A. is an uphill Journey. We are Granted a Daily Reprieve, and that's continual depending on our Spiritual Maintenance.

◆ IN THIS MOMENT ◆

We will seek Spiritual Relief from Life on Life's Terms. We know that We can't solve a Spiritual problem with a chemical solution.

August 21

Today we have real feelings of love, joy, hope, excitement, sadness and friendship--not the old drug induced feelings.

— Gray Book, p. 153 (Chapter Ten, Lines 25-26)

Many of us, upon arrival to Narcotics Anonymous heard that the good news is that we get our feelings back. We also heard that the bad news is that we get our feelings back. We asked ourselves, how can both statements be True?

We find that after Achieving Complete and Total Abstinence we were no longer medicating our feelings. Many of us began to feel better. The problem was that we began to feel everything better; including the physical, mental and spiritual withdrawals.

We also began to feel bottled in negative feelings, including the effects, the drug use and its lifestyle had on our Lives. We soon learned that the disease of addiction was also a feeling disease. Many of us used drugs to mask our feelings of self.

We used the drugs to control our feelings; we knew exactly what drugs we wanted to use and amount, thus, "controlling our feelings. The Program of Narcotics Anonymous offers a New Way Of Life. It offers a Spiritually Based Program that when Lived results in positive feelings about us and others.

We don't use the Steps to medicate or numb us. The Steps Helps us trace our feelings and survive our emotions. We also with the Help of our God, Sponsorship and the Fellowship replace hopelessness with Hope.

Practicing the Spiritual Principles of Narcotics Anonymous, we develop new good feelings of ourselves and what we're doing about our Recovery. We find a new Euphoria and know deep down inside that all will be well. Our feelings and emotions can still define our disease even in Recovery.

It's the Practice of the Spiritual Principles and positive actions that can define our Recovery.

◆ IN THIS MOMENT ◆

We will replace our old drugged induced high with positive feelings as a result of our actions.

August 22

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Afraid, unable to let go of old ideas, still working to "run the show" he found no answer to what he saw as his problem. Blinded by what he saw as important, unwilling to let go of the old familiar ways, he used again.

— Gray Book. p. 129 (Chapter Seven, Lines 33-36)

In N.A. it is Suggested that we keep our Priorities in Order. First of all we don't use drugs, no matter what.

In this freedom, we found that we had a Choice; we didn't have to use again. We had to find a new way to respond to life and our daily situations. Because we are powerless over our addiction and our inability to manage our own lives, We can use the N.A. Program, We Do Recover. We have seen addicts trying to solve Life on their own; our diseased thinking will trick us into trying our own way.

We can lose ourselves in thinking we can manage our own lives. Our way of doing things will eventually end us up in an Emotional, Spiritual, Mental, and finally a Physical relapse, we can feel sicker than ever before. If We do not let go of old reservations, we are doomed to make the same mistakes over and over again. Only a complete Surrender of our old Attitudes will allow us to receive the Benefits the N.A.

Program has to Offer us. A Total Surrender of these reservations will allow us the Ability to work the Steps and find Freedom from active addiction; and see ourselves for who we Truly are. If we are lucky enough to survive a relapse, we Surrender again, this time totally. The humiliation we experienced in our relapse made the opening in our minds needed to Graft a new idea into it. We were beaten into submission once again, only this time the seed had been planted.

Once we know, we can't unknow. We found that the only Suggestions we paid for, was the ones we didn't take. We were Welcomed back by other Members free of judgement.

In Narcotics Anonymous we are Loved until we learn to Love ourselves. Getting an N.A. Sponsor, we start to read the Basic Text and with our Sponsor's Guidance, we work the Steps.

Day after Day with the Help of Meeting attendance and the Fellowship we begin to Recover. We finally found a New Way To Live.

◆ IN THIS MOMENT ◆

We have to keep our Priorities in Order, or God will do it for us. We use our Experiences to Help others on their Journey of Recovery in Narcotics Anonymous.

August 23

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Before we got clean, all our actions were guided by impulse.

— Gray Book, p. 137 (Chapter Eight, Lines 24-25)

Our Literature speaks of our Living skills becoming, "reduced to the animal level" and an accompanying loss of conscience caused by our drug use. Conscience can be described as the use of our Morality to Guide our Actions. This animalistic state is associated with the compulsive nature of our disease.

We needed drugs and would let nothing stand in the way of our obtaining them. We react to situations immediately like an animal acting on instinct instead of taking time to think of the consequences of our behaviors. Our decision making process doesn't automatically change just from getting Clean.

We can even have similar behaviors with some time in Recovery, especially if we find ourselves becoming obsessive, in any area of our Lives. Narcotics Anonymous teaches us to put the I. ntellect before the E. motion. We Learn through Step One that we are powerless over our first thought, and that sometimes it comes from our disease.

Some members have said, "My first thought is always a felony. Through the N.A. Program, we learn to use a set of Spiritually Based Tools that can restore our Sanity and as a result, our conscience.

We gain a "pause button" which allows us to think before we act. We can call our Sponsors or other Recovering addicts with experience in the situations we deal with, who can Guide us toward a New Way Of Living. In the Fourth Step, we take Inventory of our Morality so that we can stop damaging ourselves by violating our own Beliefs. We learn to Trust and Rely on a Loving Higher Power to Help us Live beyond our defects of character and find Freedom from self.

This Power Helps our actions move toward Helping other addicts escape the hell we once lived. We no longer have to go through Life constantly trapped by the pain of problems we've brought on ourselves.

◆ IN THIS MOMENT ◆

Our actions are no longer Guided by impulse; we are now Guided by the Spiritual Principles of the Narcotics Anonymous Program, our friends in N.A., and the Love and Care of the God Of Our Own Understanding.

August 24

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The underlying principle of this Step is God-consciousness. We try to avoid asking for specific things.

— Gray Book, p. 58 (Step Eleven, Lines 11-12)

The Eleventh Step in the Basic Text says, "Through prayer we seek conscious contact with our God. In meditation we achieve this contact and the Eleventh Step helps us maintain it." Many of us refer to Prayer as speaking with the God of Our Own Understanding and Meditation as listening to that God. In active addiction many of us treated whatever God we thought we had like a cosmic bellboy.

Most of whatever Praying we did was in the form of "foxhole prayers. " In desperation, we ask for our immediate wants. We asked, but did not listen to any answer or Solution.

Most of us didn't have a working relationship with God, reality or with others. In Narcotics Anonymous we're told that we need a Loving Power Greater than ourselves to achieve and maintain Recovery. Although this Power brought us to Step Eleven, we must continue to seek and improve this Conscious Contact.

Some of us Pray for specific things because we still think we know what's good for us. We forget that we're not running the show. Sometimes we ask for specific things, and then we asked for them to be removed when we get it.

Most of the time it's because we don't Achieve the contact by listening in Meditation. We sometimes take actions without thinking of the consequences or our motives.

This Step asks us to Pray for God's Will for us, not our Will for ourselves. We learn to Trust that the Power that got us and keeps us Clean and Recovering is still with us. As we Recover, we will see that God's Will for us is what we need to Live a Fulfilled Life.

We learn to keep God's Will first. As we Progress through the Steps and Traditions of Narcotics Anonymous, we develop God Awareness and Consciousness. Our Prayers change as we Achieve the Meditation part because now we wait for the answer.

Sometimes the answer is no, sometimes it's yes, and sometimes, not now. We learn that this Power is our Greatest Source of Strength.

◆ IN THIS MOMENT ◆

We will learn the Power of Prayer and Meditation. We will use this Spiritual Principle responsibly.

August 25

Staying clean is also an amend because we're no longer part of the problem. Now we're part of the solution.

— Gray Book, p. 53 (Step Nine, Lines 33-35)

Our Twelve Steps in Narcotics Anonymous can be seen as Twelve Amends. When we first come in, we first have to get Clean.

Our first Three Steps can be understood as making Amends to a Higher Power. We found that we weren't God and had to Surrender that job to a Power Greater Than Ourselves. Our ideas of God start to change, in the Third Step, which is an Amends.

In the Fourth Step, we start making Amends to ourselves by taking an Honest look at our behavior and the thinking that leads to misbehavior. In the Fifth Step, we begin making Amends to society by getting a reality check before acting on our thinking. In the Sixth Step, we are making Amends to ourselves and society by being aware of our character defects, and doing what we can to lessen their affects. In the Seventh Step, we again are making Amends to God as we Admit we are powerless and need God's Help.

Forgiving self and others in the Eighth and Ninth Step, we learn Compassion for ourselves and others. God Forgives us, We Forgive us, and perhaps Others Forgive us. The Tenth Step can be looked as an Attitude Adjustment, an Amends to the World at Large.

We no longer are fighting fear, depression, anger or anxiety. We continue taking Personal Inventory by Practicing Spiritual Principles.

As a result, we start to feel Good about ourselves and others. By Practicing Spiritual Principles we need the corrective part of the Tenth Step less. Our Amends to ourselves, God and others continue as we try to Achieve Emotional Stability through Prayer and Meditation.

We are making Amends in the Eleventh Step by Achieving that God Conscience, through Conscious Contact with Our Higher Power. In the Twelfth Step, our Amends becomes a continuance of all the Steps, and Practice those Principles in Working and Living our Traditions in all our affairs.

◆ IN THIS MOMENT ◆

We will continue making Amends. Since Amends means Change, We continue to work on Change for the better; with the Help of our Higher Power, our Sponsor and the Fellowship of Narcotics Anonymous.

August 26

We continued to take personal inventory, and when we were wrong promptly admitted it.

— Gray Book, p. 54 (Step Ten, Header)

Regular self-assessment is imperative to our New Way Of Life in Narcotics Anonymous. We learn to make a habit of looking at our feelings, thoughts, motives and our successes daily. We look at where we have practiced Spiritual Principles over defects and where we fell short. We examine our H.A.L.T.S.

Are we too hungry, angry, lonely, tired and are we taking ourselves too seriously? Are we staying Honest? Are we slipping back into old fears and resentments? Our Gray Book reminds us "It's a vaccination against insanity on a continuing basis. " We find it Helpful to Share our Tenth Step with God and another member of Narcotics Anonymous. Another person can best Help us see through our own self-deception and rationalization.

We see where we did well and where we could do better. When we see where we are wrong, we need to take corrective measures. Whether that's making a Direct Amends to a person, place or thing, or making an Amends in our behavior with a Spiritual Principle.

This allows us to address our defects before our Lives tailspin. Step Ten is the Spiritual Principle of Humility in Action.

◆ IN THIS MOMENT ◆

Through Narcotics Anonymous and a Higher Power, we make a habit of looking at ourselves to continue to reap the Spiritual rewards the Program has to offer.

August 27

*Our old ways were so self-destructive and egocentric, we hurt ourselves and those we loved.
Learning a new way of living is a blessing from our Higher Power*

— Gray Book, p. 140-141 (Chapter Eight, Lines 32-1)

As addicts our egos have controlled our Lives in many ways. One of those ways is by not allowing others to Help us, when we needed Help.

Often we also rebelled against those who tried to interfere with our will; especially if they were trying to lend us a hand. The idea that we do not need Help has to be shattered.

Self-sufficiency is part of the disease of addiction, and it's a lie. Acceptance of the idea that we don't have all the answers is part of learning how to Live Our New Way of Life in Narcotics Anonymous. The initial Surrender we experience in Step One starts the Process of deflating our egos.

We begin to Practice the Spiritual Principle of God-consciousness and start to look for God's role in our Lives. Many of us start to see that we experience the most Freedom from our self-destruction when we are being of Service to our Higher Power. It's been said that ego's acronym is "Easing God Out." " Since ego is part of the disease of addiction, it's in opposition to Living a Spiritual Solution; it would be just the opposite to "Easing God In!"

◆ IN THIS MOMENT ◆

We will be Grateful to our Higher Power for that's the reason we have this New Way Of Life.

August 28

This Step must cut into our character defects and expose our motives and our actions for what they really were.

— Gray Book, p. 45 (Step Five, Lines 11-13)

Many of us arrive to Narcotics Anonymous with a hundred stories, real or imagined from the past and the present; good, bad or indifferent. When we Share our stories we've held on to for so long in the Fifth Step with God, ourselves and another human being, we get to the exact nature of our wrongs. The exact nature of our wrongs are our defects of character.

Once we share these stories, we are now able to see that they were just a handful of defects manifesting themselves in all areas of our Lives. Our Literature reminds us, "These defects grow in the dark, and die in the light of exposure." In exposing the exact nature of our wrongs, our higher power gives us the Spiritual Direction and Guidance we need. The disease of addiction is the opposite of Spirituality and a contradiction to Living, so we must practice the Spiritual Principles of Narcotics Anonymous to replace them.

In doing this, we starve the disease of addiction and feed our Recovery. These defects of character are repetitious, so we must continue our Recovery efforts. This allows us to Live Clean and Recover Just For Today without the limitations of our past ways.

We have Surrendered our past and do not have to cling to it. We are Free.

◆ IN THIS MOMENT ◆

We cannot make these changes alone. We need our Higher Power's Help and the Help of the Narcotics Anonymous Fellowship.

August 29

The Eighth Step is a mighty stride away from a lie dominated by guilt and remorse.

— Gray Book, p. 51 (Step Eight, Lines 14-16)

The Spiritual Principle of Willingness is the stride that will free us from the guilt we have been carrying all of our Lives. We write the list of those we have harmed only concerned with where we caused harm to people places and things. We make an Honest Assessment and Admission in the roles we played in all of our Relationships.

Although some of the people we have harmed have also us harmed us we still must become Willing to put them on our Eighth Step list. Many of us retaliated against those who mistreated us in an effort to get even. This old attitude has no room in our New Way Of Life in Narcotics Anonymous.

Seeing how we need to be Forgiven ourselves, often makes us more Forgiving toward others. Our Gray Book asks us "Are we willing, if it is possible and practical, to make amends; once, and for all, clear away the shadows of fear that our past holds for us?" We strive to Practice the Spiritual Principles of Narcotics Anonymous unconditionally and the stride we make in this Step is Unconditional Willingness. This allows to look the world in the eye with neither aggressiveness nor fear.

No longer condemned by our own guilt we are stepping out of a sea of isolation and into the land of the Living.

◆ IN THIS MOMENT ◆

We will Pray for the Willingness to let go of guilt so our past behavior no longer dictate our present Freedom.

August 30

At times, our motives will be obscured by clouded thinking. We can pray for humility and use it as a light to examine our real motives.

— Gray Book, p. 57 (Step Ten, Lines 2-4)

Our Basic Text tells us, "We have been experts at self-deception and rationalization " However, when we Pray to our Higher Power and we Share our thoughts and actions with our Sponsors; we can better see our real motives. We do this regularly, through our Personal Inventory on a daily basis. Our Literature reminds us that defects can drive us into a corner that we can't come out of Clean. Fear, guilt and resentment often causes our motives to have motives.

These defects of character can cloud our thinking and decisions. The disease of addiction often manifests its self-obsession and fantasy.

What we really need is Spiritual Principles, which is the opposite of that. Spirituality is often described in Narcotics Anonymous, as having the Right Relationship with Reality. Like any other meaningful Relationship it requires our daily Effort and Commitment.

We Maintain this Right Relationship with Reality through Honest Sharing and Prayer. These actions allow us to see our True motives, however, this is only part of our Spiritual Solution. The Healing is in the Corrective part of our self-examination.

We correct this by asking our Higher Power for the Strength, Courage, Humility and Willingness to be motivated by His Will and not our own selfcenteredness.

◆ IN THIS MOMENT ◆

We will Practice Humility by asking our Higher Power to Help us see through our own self-deception.

August 31

No one can explain the incredible fact that addicts, hopeless in their addiction, can reach for and receive help in Narcotics Anonymous.

— Gray Book, p. 136 (Chapter Eight, Lines 23-25)

Narcotics Anonymous has the power to bring the Spiritually and Emotionally dead Back to Life. All we have to do is reach out for Help and be Willing to let that Help Guide us. The state of desperation and hopelessness many of us first come into Narcotics Anonymous with often fuels our Willingness.

Some members come in thinking the Program of Narcotics Anonymous couldn't help them; yet, in desperation, become Willing to bet their Lives on the Program. When we are Completely Willing to bet our Lives on Narcotics Anonymous, our Recovery always flourish. We find Freedom from active addiction and eventually experience an Awakening of the Spirit.

When We achieve Complete and Total Abstinence and begin to Embrace Narcotics Anonymous, a Miracle occurs. We make meetings, get involved with a Home Group, find a Sponsor, start taking the suggestions the Program offers us; and We start building a relationship with a Higher Power of Our Own Understanding. This is when the incredible Miracle happens.

We lose the desire to use and start Living a New Way of Life. Our Grey Book tells us, "We saw that we could learn to function in the world we live in, that we, too could find meaning and purpose in life, and that we could be rescued from insanity, depravity and death."

◆ IN THIS MOMENT ◆

Through continuing to ask for Help from Narcotics Anonymous, we will keep our Miracle Alive.

September 1

By living clean we are giving up using. We are giving up the right to be close-minded, selfish, dishonest, hateful and generally unhappy.

— Gray Book, p. 155 (Chapter Ten, Lines 31-33)

Some of us couldn't fathom life without the use of drugs. Stopping the use of drugs wasn't really our choice; we often thought we couldn't see ourselves living, without the use of drugs. Surrendering to Complete and Total Abstinence and Living without drugs was our first task.

We soon found out that the only thing we had to change, was everything. Surrendering to the Spiritual Principles of Narcotics Anonymous called for a complete change of attitudes, behaviors and ideas. The Steps and Traditions of Narcotics Anonymous provide the vehicle for this physical, mental and Spiritual Transformation.

We discover from others that Recovery is more than not using. N.A. not only offers Freedom from active addiction, but also, a New Way To Live.

When we choose Recovery, we choose the whole Narcotics Anonymous Program. Admitting our powerlessness and unmanageability, we open the door for a Power Greater Than Ourselves to Help us in our Recovery. The Daily Reprieve allows us to give up our old ideas.

We now have a set of Spiritual Principles that can be applied to our Daily Lives. The tools of the disease from our old way of life does not work in the N.A. Program. Today with the Help of the God Of Our Own Understanding, Sponsorship and the Fellowship of Narcotics Anonymous, we don't have to suffer from untreated addiction. We can tap into this Unlimited Source of Strength and Growth, which offers Freedom from self, others and the World at Large.

◆ IN THIS MOMENT ◆

We choose Life today. We Learn to apply this Simple, Spiritual, not religious Program of Narcotics Anonymous.

September 2

Daily practice of the Twelve Step program enables us to change from what we were to what our Higher Power would have us become.

— Gray Book, p. 122 (Chapter Seven, Lines 8-10)

The Key for Recovery in Narcotics Anonymous is a Daily Practice of its Spiritual Principles. In active addiction most of us used drugs in one form or another, on a daily basis. We focused on the next one with very little in between.

As our disease progressed, our worlds began to shrink; we lost people, places and things. Some of us were on a twenty-four hour mission to find and use drugs. Our personalities took a dark twist and began to disappear with every use of drugs.

Toward the end of our progression, not even our Families and Friends recognized us. We became the product of the disease of addiction. Some of us sought help through medication, religion, psychiatry or rehabs.

Our Literature tells us that these things failed to find any solution that we can use. Arriving to Narcotics Anonymous was the Solution that worked for addicts like us. The Program of Narcotics Anonymous first called for the Surrender of its Spiritual Principles.

Complete and Total Abstinence from all mind and mood altering chemicals had to be Achieved for Recovery to be possible. The Spiritual Principles of N.A. are written so simply that we Practice them in our Daily Lives. The Steps and Traditions are our Living Program.

Our Literature is our written Program. Since Knowledge is not a substitute for Surrender, we have to make more Surrender. Our Positive actions and a Total Surrender are what makes our Recovery possible, Just For That Day.

Recovery in Narcotics Anonymous is capable of Transforming our personalities and Spirits. Narcotics Anonymous not only saved our Lives but also Granted us a Life most of us never knew. One of our Greatest Gifts is to be able to have a Relationship with a God of Our Own Understanding.

◆ IN THIS MOMENT ◆

It works if we work it. It works if we don't work it, it'll just not work for you.

September 3

In attraction rather than promotion, we give the addict the right to join in our anonymity and find recovery.

— Gray Book, p. 117 (Tradition Twelve, Lines 23-25)

Anonymity is the Spiritual Foundation of all our Traditions, ever reminding us to place Principles before personalities. Our Symbol section in the Basic Text reminds us that in Narcotics Anonymous there's room for every manifestation of the Recovering addict. Our Message is one of Love and Inclusiveness. Our Steps and Traditions make Recovery possible for any addict that seeks Recovery.

Narcotics Anonymous Offers only one Promise, the Freedom from active addiction, and a New Way Of Life. It's Offered through a Daily Reprieve and the Practice of Spiritual Principles for that Day. Narcotics Anonymous works on a twenty-four hour basis. We can arrest the disease of addiction and Apply the Narcotics Anonymous Spiritual Principles to every area of our Lives.

The Great thing about it is that it has worked for countless others. We are given Hope from others that it can also work for us. Narcotics Anonymous is not for people who need it, it's not even for people who want it.

It's for people who work it. We don't promote our Program; we don't make Promises to anyone.

We Carry our Message of Freedom and the Promise of Hope. This is conditional if we are Willing to make the effort to get it.

We learn that we carry the Pure Narcotics Anonymous Message, to the next suffering addict. We learn that God delivers that message when the time is right.

◆ IN THIS MOMENT ◆

By carrying the Pure message of Narcotics Anonymous, we give every addict the right to Accept or reject Our Way of Life.

September 4

We can only make our amends to the best of our ability and they can either accept it or deny it.

— Gray Book, p. 53 (Step Nine, Lines 16-18)

Our Basic Text reminds us that we make Amends to those we have harmed because we have to. Step Nine comes with a lot of warnings. Timing seems essential in our Amends. How many times in our active addiction did we say we were sorry, only to repeat our harms.

Families and Friends lost any Trust in our words. That's why our Literature says, when it comes to the Family, Clean Time speaks for itself. Show me, don't tell me, was a phrase we heard a lot. The main part of the Amends Process is that we've changed.

We are no longer creating havoc in our and the lives of others. For many of us in Narcotics Anonymous, this can be a difficult Step. We learn to approach this Step with no expectations.

Step Nine warns us about making Amends while people are still angry with us. We use the God Of Our Own Understanding and Sponsor for Guidance. Our Hearts start to Recover in this Step and the Process of Forgiveness is in full force. As changed people we're able to Forgive people who don't Forgive us.

We are changed people and our Responsibility is to clean our side of the street. We repair what we have damaged, and we give others the opportunity to let go of their anger. We're not Responsible for their reaction or feelings; we've done our part.

Let's not forget this is a lifelong process. With Step Nine we gain another great Freedom from the chains of addiction.

◆ IN THIS MOMENT ◆

We will make Amends to the best of our Abilities and Capabilities and leave the results to God.

September 5

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We have an incurable, progressive, terminal disease called addiction.

— Gray Book, P. 30 (Step One, Lines 23-24)

Before Narcotics Anonymous existed, many addicts died from the horrors of addiction. Chapter Eight in our Basic Text talks about the end of the road for many of us. This is where our Surrender starts, without this Surrender there is no Hope.

Many of us went to the bitter ends, and few of us were fortunate enough to find ourselves in Narcotics Anonymous. Many times we have asked ourselves; "what is wrong with me?" Everything we tried to better ourselves and our lives failed. Most of the time it seemed to make things worse.

Every time we stopped using drugs; we found ourselves returning to using. The inner turmoil and pain we experienced without drugs made us look for a Solution. We searched everywhere for that Solution, for a problem we didn't even understand.

Coming into N.A., we were told that we have a disease, not a moral dilemma. Even though we knew we were sick and needed help, we could go back to find our old and familiar ways; trying to obtain the comfort, we once knew. We have a disease that is incurable, progressive, and terminal.

If the drugs didn't kill us, we will do the jobs ourselves; this is our self-destructive personality. When we fully Accepted the fact that we could not Live with or without drugs the Solution appears. We knew we belonged in NA, when we met people just like us who were trapped in our own self-imposed prisons. These same people now seem to be Free of using drugs and Free of the selfbondage that kept us going back to using time after time.

They told us that we were Home, and that they found a way out. The suggestions that they gave us were Free, the ones we would have to pay for were the ones we didn't take. Together with these other members we were able to get Clean.

We were able to stay Clean that day and apply Spiritual Principles to arrest the disease for that day. We were told that it was an I disease, followed by a dying program; to a We Solution, followed by a Living Program. We are given a Daily Reprieve from the horrors of addiction.

That Reprieve depended on Daily Maintenance of our Spirits. By staying and working the Steps we were able to Live with this disease, instead of dying from it.

We Recover from addiction, just for that day. With the help of our Program, fellow addicts and our Higher Power, we never have to use again.

◆ IN THIS MOMENT ◆

We will ask God to Help us understand the full extent of our disease of addiction. I will Thank God for giving us the Gift of desperation necessary for Daily Surrender.

September 6

We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

— Gray Book, p. 15 (Chapter Two, Header)

Since 1953 the Narcotics Anonymous Program has proven itself to be a viable and effective answer to drug addiction. Many have Recovered from the horrors of addiction, a Day At A Time. Narcotics Anonymous not only offers the possibility of Complete and Total Abstinence from all drugs; but also a new way to Live without the use of drugs. The important thing for us to remember is that we don't do it on our own.

The first Eleven Steps begin with the word "WE. " This Spiritual Principle of Anonymity is probably what we first experience when we first come in and Surrender. The Narcotics Anonymous Groups provide, in its Recovery Meetings, an Atmosphere where our Life Saving Message can be Shared. Our Recovery Meetings provide the study of Narcotics Anonymous Literature and the Experience, Strength and Hope of the older members.

The Spiritual Principles of Empathy and Identification starts our Recovery Process. Attending Meetings is a physical act of Surrender. If we're newcomers, we listen to other members as they carry the Message of Narcotics Anonymous. We Share the Solution of our problem, addiction.

We realize that we have a Fellowship to Share our concerns with. We can ask questions after the Meeting and learn how to socialize with others.

We see firsthand that we don't have to use drugs, Just For Today. Recovery is what happens in our Meetings. It is our one and only purpose.

Overtime we see members Celebrating various amounts of Clean Time during N.A. Birthday Celebrations.

That gives us Hope that we also can continue to attend Meetings, and work a Living Program of Narcotics Anonymous.

◆ IN THIS MOMENT ◆

We still continue to do the physical act of Surrender by attending Meetings.

September 7

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Working the Steps will give us a relationship with a Power greater than ourselves, correct old defects, right old wrongs, and lead us to help others.

— Gray Book, p. 19 (Chapter Two, Lines 3-6)

Ask ourselves, what does Recovery in Narcotics Anonymous mean to us? Many of us would say that it saved our Lives, some would say that they stopped hurting.

Many would say that we got our Families back. Some of us would say that we became employable, we were able to become financially successful. Some would say that we finished school, and became productive members of society. Although some of these things are True, that's not what our Recovery should be about, those are just symptoms of staying Clean.

Nothing ever seemed to fill the void/emptiness inside of us. In N.A. we Learn to Live in a New Way.

By working and Living the Steps and Traditions we allow ourselves to Change and Grow. For this we needed the Help of God As We Understood Him and the Help of other addicts. By staying in contact with the N.A. Program, fellow addicts and our Higher Power, we're capable of a Transformation We move from using to Helping ourselves and others, from isolation to Fellowshiping and from emptiness to Fulfillment.

One of the most important aspects of Recovery is that our Spirits Awaken. We're able and capable of seeking a Relationship with a God Of Our Own Understanding. We're able with the Help of the Steps, the Fellowship, our Sponsors, and our Higher Power to change from our old ways.

We're able and capable to Amend the wreckage of the past. We find a New Way To Live without the use of drugs and to incorporate Spiritual Principles in our Lives. We are then able to Share this Precious Gift with all those that seek it.

Yes our Recovery is more than just about us and material gain. We find ourselves through the Process of the Twelve Steps and Twelve Traditions. Then, we lose ourselves through Service and Helping others.

◆ IN THIS MOMENT ◆

We start to lose the stigma of the phrase "Once an addict, always an addict." We learn to Love ourselves and others, Forgive ourselves and others.

September 8

When we are working Step Six, it is important to remember that we are human and should not place great expectations on ourselves.

— Gray Book, p. 47 (Step Six, Lines 7-9)

Even though Steps One through Five qualified us to be entirely ready for Step Six, Willingness is the Spiritual Principle here. Our Gray Book states, " there is a certain distorted security in familiar pain. It seems safer to hold on to the old familiar pain than to let go of it for the unknown. " Here again we have to Admit Complete defeat over these defects. They served us well in active addiction.

Some call these defects the tools of the disease. Some of us become attached to them like an old friend.

So it can be a grief process in getting rid of them. Fortunately, we don't have to, the God Of Our Own Understanding will remove them for us. What's needed from us is a deeper level of the Spiritual Principle of Surrender.

We learn to Achieve Humility when asking for Help. We learn that yes we are addicts, but we're also human.

Our aim here is to Achieve Adequacy and not perfection. Our Gray Book reminds us that perfection is a Divine quality that we as humans don't possess. Since the God Of Our Own Understanding only removes what we really want Him to remove; we must want these defects to be removed decisively. God will not force his Goodness on us.

He will need our cooperation, God will move mountains, but we have to bring the shovel. This Spiritual Surgery can only be done with our Complete and Total Surrender.

◆ IN THIS MOMENT ◆

We will develop the Spiritual Principle of Willingness To Try. We will use the Spiritual Tools we were given in Narcotics Anonymous, to Practice the opposite of our defects.

September 9

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One of our biggest stumbling blocks seems to be in unrealized expectations of ourselves and others.

— Gray Book, p. 127 (Chapter Seven, Lines 32-33)

When we arrive in Narcotics Anonymous battered and beaten by the disease of addiction, it is clear that neither we, nor the world have met our expectations. Spiritually bankrupt, many of us gave up on ourselves and others long ago and many of us expected nothing more than pain and perhaps the relief of death. After attaining Complete and Total Abstinence, and beginning to Live the Spiritual Principles of the Narcotics Anonymous Program, most of us begin to regain some things, and along with these things we may regain expectations of ourselves and those around us. As addicts, we have a tendency to try to project into the future. No human has the ability to predict the future and as people with a disease which distorts rational thought, we're particularly bad at it. Worse still we have a pension for reacting with resentment and hostility when our expectations are not met.

Many have heard the expression "expectations are premeditated resentments. We find that this is painfully true. Part of the Admission we make in the First Step is that we have no control over people, places and things.

Our struggle against this fact is where we stumble. An insane person is one who lives out of harmony with Reality.

This is exactly what we're doing when we attempt to control outcomes which are out of our control. Through the Help of Narcotics Anonymous, we have found a Loving Higher Power which can restore us to Sanity.

We no longer have to cause harm to ourselves and others when Life doesn't go the way we planned. We can Forgive, and be Forgiven.

We don't have to carry the exhausting burden of our resentments. We're reminded that we're Responsible for the footwork and the God of Our Understanding is Responsible for the results. We do our best to Live the Spiritual Principles of Narcotics Anonymous, and we Surrender the rest to our Faith and Trust in God.

We learn that God may not always give us what we want, but He will always give us what we need. It is not the world that must change, it is our perceptions that must change. We realize that not only is it ok for people to make mistakes, it's ok for us to be human as well.

We're not perfect and that's ok. God Loves us for who we are and so does the Fellowship of Narcotics Anonymous. Now we must learn to do the same for ourselves and others.

◆ IN THIS MOMENT ◆

Through the Narcotics Anonymous Program I will Maintain my Awareness that we're all perfectly imperfect. All we do is give our best and Trust the God of Our Understanding to Care for us.

September 10

This can show up as an unexplainable depression or disorientation. It is really related to a poor spiritual condition and can be remedied by an ongoing application of the Twelve Steps of recovery.

— Gray Book, p. 140 (Chapter Eight, Lines 19-22)

How many times we hear at Meetings, "don't use no matter what". Addicts use no matter what. If it was that simple, then we wouldn't need Narcotics Anonymous, God and our Sponsors.

There would be no need for Steps, Traditions and the Practicing of Spiritual Principles. Our Literature reminds us that addiction affects every area of our Lives, not just the physical use of drugs. Just not using is still untreated addiction.

It can be an illusion that just because we Achieved Complete and Total Abstinence that were ok. One of the symptoms of the disease of addiction is the using of drugs. We can arrest this disease A Day At A Time, but it is still progressing and there's no cure.

In Narcotics Anonymous we treat not only the symptom, but we also treat the mental, Spiritual and emotional parts of this disease. We use a Spiritual Solution to a Spiritual problem. Narcotics Anonymous offers us a set of Spiritual Principles that work on a twenty-four hour basis. Many members old and new forget about this Daily Reprieve.

The Spiritual Conditioning has to be maintained for relapse to stay at bey. The relapse process starts when we stop Practicing these Simple Spiritual Principles. It can show up as anxiety and depression.

Our Spirituality is the first to go in this relapse process. Then, our mental disorder kicks in and the obsession starts.

Then, we get loaded at the end of the relapse. The only thing that can save us is the reapplication of the Spiritual Principles and Practices of them.

◆ IN THIS MOMENT ◆

We will never leave Practicing the Basics of the Narcotics Anonymous Program, so we won't start the relapse process.

September 11

Seperation from the atmosphere of recovery and the spirit of service to others slows our spiritual growth and can threaten relapse.

— Gray Book, p. 156 (Chapter Ten, Lines 28-30)

Our Literature reminds us that complacency is a red light indicator. It's indicating that we could be in the relapse process.

When we stop doing the things that have been keeping us Clean and Recovering, we start to back slide. Since Recovery is an Uphill Journey, we can find ourselves in trouble. Our Gray Book states, "Complacency does not go with recovery."

The deadly and insidious nature of our disease can disguise itself as boredom or superiority and generate the old "apart from" feelings. " We can only keep what we have unless we give it away. This might sound like a strange paradox to most people, but it's what works for us in Narcotics Anonymous. Our Primary Purpose in Narcotics Anonymous is to carry the N.A.

Message to the still suffering addict. In the process we get to stay Clean ourselves. Complacency starts when we start to put anything in front of our Recovery.

We must Guard our Recovery, "The program doesn't work when we adapt it to our life, we have to adapt our life to the program. " We must remain Vigilant by continuing to Practice the Spiritual Principles of Narcotics Anonymous in every area of our Lives on a Daily Basis.

◆ IN THIS MOMENT ◆

We get to keep what we have by working a Living Program, and Giving away what was so Freely Given to us.

September 12

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There is a danger that we will exaggerate our wrongs, and an equal danger that we will minimize or rationalize away our part in situations. This Step must cut into our character defects and expose our motives and our actions for what they really were. We have no right to expect these things to reveal themselves.

— Gray Book, p. 45 (Fifth Step, Lines 7-14)

One acronym for EGO is, "Easing God Out. Step Five asks us to Admit to God, ourselves, and another human being the exact nature of our wrongs. In this Step, we have to involve The God Of Our Own Understanding out loud with our own lips and voice.

Prayer as in all the other Steps and Traditions, is essential. The ego will protect itself from ourselves.

Our egos served us well in active addiction, but it's not conducive to our Recovery. Since we are as sick as our secrets, we must be vigilant against our egos. In active addiction, our mouths contributed a lot to our addiction.

We used drugs with our mouths and used our mouths to lie and exaggerate in order to keep using. Step Five is asking us now to use our mouths for healing. Admitting, Praying and being Honest are some effective tools we use in Narcotics Anonymous to work the Program and Heal. Sometimes the stories and lies we told ourselves and others became distorted from the Truth and Reality.

After a while, we couldn't tell the Truth from fantasy. Many of us included these exaggerations and lies when we told our stories. Over time and Complete Abstinence our minds and bodies start to clear up.

Working the Steps the fog starts to lift; it's an overtime not overnight Process. A deeper Surrender is essential as we progress through the Steps. With each Step the Spiritual Awakening we experience as a result, will begin our Uncovery process.

Faith resulting from Hope will allow us to ask for Help. Our Higher Power, Narcotics Anonymous, Sponsor and the Fellowship will Guide us in this Process. Today we use the same mouths that sickened us, to Heal us.

◆ IN THIS MOMENT ◆

After using our mouths to Heal, we will use our mouths to Help others as we Carry the Life Saving Message of Narcotics Anonymous.

September 13

We had to have something different and we thought we had found it in drugs.

— Gray Book, p. 23 (Chapter Three, Header)

As addicts, it seems that we were always searching for something. We used drugs to satisfy that constant yearning.

Something was missing in us, but we didn't know what it was. The use of drugs temporarily filled that need, but it wasn't enough, so we used more. What we didn't realize was that drugs were that great eraser, which made our void even bigger. Finally, after erasing our Families, Friends, and our part in society, it erased us.

In Narcotics Anonymous, we use Spirituality and all its Principles to fill whatever void we have. Drugs were our solution for a long time until it turned against us. The more we used the worst we felt and our problems worsened.

By this time we didn't use drugs; drugs used us. We were trapped by our ball and chain, in our self-imposed prisons. Narcotics Anonymous offers something big and Good that can change our Lives for the better.

Narcotics Anonymous offers us a drug free lifestyle and a Spiritual Awakening as a result of the Steps. Since our problem is Spiritual in nature, our Solution has to be Spiritually Based. We Practice a Living Program in every area of our Lives on a Daily Basis.

We become Loving and Caring people. We finally found what we've been searching for, ourselves. In Narcotics Anonymous we're never alone, we have the God of Our Own Understanding, our Sponsors, and a Fellowship of people who really care.

We Share this Precious Gift with all who seek it.

◆ IN THIS MOMENT ◆

We are finally Home. We no longer have to search outside ourselves to feel good about ourselves.

September 14

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Faith is the key. It takes a firm belief in a loving God before we can possibly begin to turn our wills and lives over to His care.

— Gray Book, p. 139 (Chapter Eight, Lines 25-27)

Many of us came into N.A. with no experience turning our Wills and our Lives over to the Care of a Loving, Caring God. We haven't seen Miracles that happens by just Practicing Faith. We talked about Belief, but truly didn't Believe.

Our new-found lives are based on Faith. We had trouble Accepting life the way it was, and we lived in a way that was rooted in fear. By working the Steps, we come in contact with a Higher Power in which we can Believe in.

At first, it was difficult to believe in anything different from what we believed was True. But by working Step Two we opened ourselves to the possibility that something Greater Than Ourselves could restore us to sanity. If we Believe that there is a Loving God, by opening our minds to this possibility, we Practice Belief and eventually our Trust and Faith will Grow, giving us Strength. Our Gray Book says, " a Spiritual Experience is necessary to arrest our addiction. " Working the Steps and Traditions of Narcotics Anonymous charts that course.

Our First Spiritual Experience starts when we Surrender to Total Abstinence. The pain of living without drugs forces us to seek a Power Greater Than Ourselves. This Power relieves our obsession to use.

This is the Beginning of our Spiritual Awakening. We begin to Trust this Power, and it Guidance in our Daily Lives.

Having only a Daily Reprieve from this fatal, progressive, incurable disease, we need to Recommit ourselves with a Daily Surrender. We wake up every morning by showing our Gratitude with a Prayer. We Pray for God's Will for us and the Power to carry it out.

We do the next right thing for the right reason; we look at every situation throughout the day as an opportunity for Growth. No matter what happens, we make time for Meetings, call our Sponsors, help another suffering addict and Live the Spiritual Principles of Narcotics Anonymous. This is our Safeguard against the relapse process.

Each day with God's help our Spirits gain more territory against this deadly disease.

◆ IN THIS MOMENT ◆

After some time doing things the N.A. Way and not our own way, we begin to Develop the Faith which Leads to Trust that our Higher Power has better plans for us than ourselves.

September 15

Spirituality is to isolation as recovery is to addiction.

— Gray Book, p. 121 (Chapter Seven, Lines 32-34)

We often hear Shared at our Meetings "An addict alone is in bad company!" The disease of addiction strengthens when we are in isolation and it's only a matter of time until the thought of using sounds like a solution. At times, we can feel condemned by our own guilt and fear. We feel we want to run away from the world.

Our disease thrives off isolation, and our Recovery thrives off Connection with the Fellowship of Narcotics Anonymous. This is why using the phone and going to Meetings are so vital to our Recovery. Often our Higher Power works through others.

Although we can't see or touch this Power, we can hear and feel it from others if our minds and hearts are open. This is a "We" Program, "We" can't do alone what "We" can do together. It wasn't until we joined others in this Way Of Life in Narcotics Anonymous, did we ever find any Freedom from the horrors of addiction.

We must remain visible in Narcotics Anonymous if we want to Recover.

◆ IN THIS MOMENT ◆

We will "Keep Coming Back" no matter how we feel. We will allow our Higher Power to reach us through others.

September 16

Many times, our efforts have produced in us feelings of peace and serenity that we have never known before.

— Gray Book, p. 58 (Step Eleven, Lines 34-35)

Peace and Serenity were very foreign feelings for many of us, before coming to Narcotics Anonymous. We lived a life of confusion and contradiction. Many of us were dominated by worrying and uncertainty fueled by our fear of running out of drugs.

In the pursuit of our addiction, we had lost the ability to be alive and enjoy the lives other people had. However, in Narcotics Anonymous we have found a way for addicts to find Freedom from the horrors of addiction. First, we stop using.

Once we are Completely and Totally Abstinent we begin to feel the pain of withdrawal. The pain of our physical, mental and Spiritual withdrawals forces us to seek a Power Greater Than Ourselves that can relieve our obsession to use. We come to learn to Trust and Serve this Higher Power.

We start see the Spiritual Principle of Reciprocity come alive. When we give Freely of ourselves in helping others, the Higher Power gives us Gifts of Happiness, Peace, Self-esteem and sometimes even Serenity. We must remember God Grants Serenity, not us.

We are only capable of Living God's Will to the best of our ability, and God will give us the Spiritual Gifts. We see that what we're longing for all our Lives was for an Awakening of the Spirit. We just hadn't known until we were in the Program of Narcotics Anonymous!

◆ IN THIS MOMENT ◆

We will continue doing the Higher Power's foot work and leave the results up to Him.

September 17

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The spiritual basis of the program is strong enough to support a person with the disease.

— Gray Book, p. 137 (Chapter Eight, Lines 13-14)

Narcotics Anonymous is a Spiritual Program with a Spiritual Solution to a Spiritual problem, the disease of addiction. We use 12 Spiritually Based Steps and 12 Spiritually Based Traditions to treat our Spiritual malady. Our problem is not the drugs, in fact drugs for a short time were our Solution to a hopeless state of existence. Drugs made our suicide a slow process, slow enough that many of us got sick and tired of being tired and sick.

A Spiritual problem cannot be solved with chemicals. Our hopeless state of desperation is what made our Recovery possible. Surrender is the Key that opens the door up to Recovery.

Once that door is open our Willingness and Action make it possible to step through. Many of us tried other alternatives, religion, medicine, new lovers, new towns and psychiatry. All these methods failing as a Solution, we finally came to N.A.

It was the last thing we tried, but it was the first thing that worked. While practicing active addiction, we were slowly committing suicide.

Many times we tried to stop using on our own, but no matter how many times or what we tried, it failed. Many times we were so hopeless that we thought there was no other option then to keep killing ourselves. Our experience shows that The Spiritual Basis of the N.A. Program is strong enough to support our Recovery.

We have come to rely on a Power Greater Than Ourselves. For the first time, Recovery from the disease of addiction was a Reality for us. In Narcotics Anonymous we keep this Precious Gift alive by Sharing it with all those who seek a Solution from the disease of addiction.

In Narcotics Anonymous we keep this Precious Gift alive by Sharing it with all those who seek a Solution from the disease of addiction.

◆ IN THIS MOMENT ◆

We live to Experience life on God's Terms and Grow from this Experience.

September 18

As we became responsible for our own recovery, we became responsible for our fellow addicts.

— Gray Book, p. 79 (Chapter Five, Lines 32-33)

Our Literature says that we keep what we have by giving it away. Giving away what was so Freely Given to us seemed to be secondary, in our beginnings, we just didn't want to use. As we received the Spiritual Gifts by Working and Living those Steps, we wanted to Share this Precious Gift with others.

Sponsorship offers that one on one opportunity to Help others, without parallels. Because we truly care, staying clean then becomes our second motive. Before we could give away what we got, we have to have something to give away.

The Gray Book calls this Responsibility twoedged. It states, "The other edge is our own need to preserve our recovery. We found from experience that our own recovery is strengthened when we share it with others, who ask for help. " One of our Narcotics Anonymous Founders stated that only an addict can Help another addict.

Since our disease is anti social in nature, it makes detection, diagnosis and treatment difficult. Religion, psychiatry and medication all failed us. Empathy in the form of Identification is what makes us qualify to Help the suffering addict.

One of our Founders wrote, "You and I have been given through illness, through suffering and through disease, a talent for helping other human beings like ourselves. Let's never forget that we have it and are responsible for others. " Recovery in Narcotics Anonymous is the Gift that keeps on Giving. We learn in Step Twelve that Love and Service is the N.A.

Way, Just For Today.

◆ IN THIS MOMENT ◆

Some of our motives might still have motives, but this motive is a good one. We will Help others to stay Clean by Sharing this Precious Message of Narcotics Anonymous.

September 19

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Patience is the great method of the Fellowship. The unconditional love we experience will rejuvenate our will to live and each positive move on our part will be matched by an unexpected opportunity.

— Gray Book, p. 54 (Step Nine, Lines 17-20)

One of our slogans in our Gray Book is, "Take It Easy. " In active addiction it wasn't about taking it easy, or easy does it, and definitely not Patience. As using addicts it was about instant gratification, and more of it.

We used to live and lived to use. When we were running out of drugs, we found the means and ways to use more, we just couldn't get enough.

This made waiting for anything in our Lives difficult. We were looking for the same results the drugs gave us, instantly.

Coming into Narcotics Anonymous we heard that TIME meant, "Things I Must Earn. " We also were told that Recovery was an overtime process not overnight. We learned to Live In The Moment and stay in the day.

We experienced Love and Patience from the other members, toward us. The Unconditional Love and Acceptance we received Helped us develop Patience with ourselves, and later with others. Although we were seeking micro-wave Recovery, we knew we had to work for it. The Literature reminds us that we did not become addicts overnight, so getting better would take time and effort on our part.

As we Work and Live the Steps with the Guidance of a Higher Power, our Sponsors and the Fellowship of Narcotics Anonymous, we experience an Awakening of our Spirits. We do the footwork and leave the results to the God Of Our Own Understanding.

Our Faith increases; we start to see the results of Recovery in our Lives. We experience the Message of Hope and the Promise of Freedom our Message talks about. Since addiction affected every area of our Lives, we have to Practice these Spiritual Principles in every area as well.

One of the ways we Practice these Spiritual Principles is by serving others in our Program. We do Service, keeping in mind that Service is for those we serve. Our Recovery blossoms, and we lose self-obsession when we get out of self and help others. Narcotics Anonymous offers Spiritual Unlimited Growth as we Live The Steps and Traditions.

◆ IN THIS MOMENT ◆

We will show the same Patience and Unconditional Love that was shown to us in our beginnings, to the newcomers and other members in Narcotics Anonymous.

September 20

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This can show up as an unexplainable depression or disorientation. It is really related to a poor spiritual condition and can be remedied by an ongoing application of the Twelve Steps of Recovery

— Gray Book, p. 140 (Chapter Eight, Lines 19-22)

Chapter One in our Gray Book p. 7, Lines 25-27 says that "Addiction is a treatable disease: as soon as we begin to "treat" our addiction by working the Twelve Steps that have worked repeatedly, we experience very positive results. " Many of us arrive at our first N.A. Meeting Spiritually dead; Emotionally crippled and in poor Physical Health. Overwhelmed by shame, guilt, self-hatred and the painful rewards of our self-centered lifestyle, we are relieved to find that we have a treatable disease. In N.A., we have evolved a concept of the disease of addiction, as derived by addicts Recovering in N.A.

Ours is a Spiritual Solution, a Daily Application of Spiritual Principles that arrests our disease and makes Recovery possible. Our Literature tells us that "With each meeting we attend, seeds planted in earlier meetings are watered until we can see them grow to harvest. This harvest is a form of spiritual growth. " This tells us that our Spirits need to keep Growing and Awakened as a Process and Progression.

Recovery is a Process that takes WORK to keep the Miracle alive. Relapse is an automatic Process that takes NO WORK, for us to die.

Time after time, we've seen long timers in Narcotics Anonymous, tired of Working the Program, give in to medication as an answer to their poor Spiritual condition. A Spiritual Problem cannot be solved with chemicals. If we find ourselves in poor Spiritual condition, we've probably slighted in our Step Work, Praying to the God of Our Understanding, and stopped working with others.

A return to the Basics is the only thing that can Help save us at this point. Complacency is the enemy of any addict with clean time.

If we never leave the Basics of this Program, we never have to return to them.

✦ IN THIS MOMENT ✦

We will be Grateful we have a Spiritual problem that is treatable by applying the Spiritually Based Twelve Steps and Traditions in our Lives.

September 21

When we pray a remarkable thing happens; we find the means, the ways, and energies, to perform tasks far beyond our capabilities.

— Gray Book, p. 58 (Step Eleven, Lines 23-25)

When we first arrived to Narcotics Anonymous, most of us found getting and staying Clean was beyond our own capabilities. We had to Surrender to Complete and Total Abstinence from all mind and mood changing chemicals. After this form of Admission through Action, we were forced through the pain, in Step Two, to tap into a Power that can help us with our Cleanliness. Practicing a Living Program requires Working and Living the Steps of Narcotics Anonymous.

We soon Learned that Living and Practicing these Spiritual Principles were also beyond our own capabilities. We would have to continue tapping into this Power to remain Clean.

We would also have to improve this contact with this Power, to continue this Path of Recovery. Practicing through Constant, Conscious Contact, we seek to Improve this Relationship. Our Basic Text states, "We have found that our spiritual condition is the basis for a successful recovery that offers unlimited growth." This Growth is contingent on a Daily Reprieve that's dependent on our Spiritual Maintenance.

The Evidence of this phase in Recovery, sometimes called Discovery, can lead us to Emotional Stability. Our Spiritual Awakening has to be Progressive, for our Spirits not to fall asleep again. We attend Meetings, work with our Sponsors, do Service and work with others to ensure our Recovery.

We also have to remind ourselves that this is a Twenty-Four hour Program.

◆ IN THIS MOMENT ◆

We will continue to Depend on this Power not only to keep us Clean, but also to continue to Recover.

September 22

Now we live a new outlook, that of caring and sharing the N.A. way. We are surrounded by like-minded addicts, who once were at the depths of misery and despair, and now serious about their own recovery and helping the suffering addict.

— Gray Book, p. 159-160 (Chapter Ten, Lines 33-3)

"A New Way To Live", this is part of our Message in Narcotics Anonymous. What does that mean to us? What our Higher Power has revealed to us is that Practicing these Principles and Sharing this Gift with others is a New Way to Live. In active addiction this wasn't the way we Lived.

In active addiction, we did not Practice Spiritual Principles, material possessions did not change our way of life. Most of us, while using, did not care much about anyone or anything. We put our addiction before anything, including our Lovedones. Arriving at Narcotics Anonymous we met others that were in the grip of despair, as we were.

They now seemed to be Free and reasonably content. Out of the ashes, they found Hope.

They Shared their Hope and showed us that wordless language of Empathy. It was the Narcotics Anonymous Message of Hope and the Promise of Freedom. We were told that to receive this Gift of Life, we had to put the effort to get it.

Once receiving this Gift, we had to give it away to other suffering addicts in order to keep it. Today we use our past as a stepping stone and a touchstone for Spiritual Growth. The worst day of our Lives is now considered the best day of our Lives because it enables our Unconditional Surrender. Surrendering to the Spiritual Principles of Narcotics Anonymous we are set Free.

We work Steps with our N.A. Sponsors. We develop a Relationship with a Higher Power of our own Understanding.

We answer to the cry for help from others that are newly arriving to N.A. We attend Meetings to Carry Our Message, and we serve the Fellowship in form of service. Our Recovery is enforced as we Share it with others.

◆ IN THIS MOMENT ◆

We will not forget why we are Clean, Just For Today. We will show Gratitude by taking some time to Share freely what was so freely Shared with us.

September 23

The unconditional love we find at meetings makes it possible to relax and review our assumptions about ourselves and reality.

— Gray Book, p. 19 (Chapter Two, Lines 1-3)

"We used to live and lived to use. " In active addiction, the tools of the disease helped shape our personalities. It also affected what we thought about ourselves.

Isolation shrank our world. A lot of our time was spent using and finding ways to use more. Toward the end of our using most of us had very little contact with others, except to serve our active addiction.

Many of us arrived to Narcotics Anonymous thinking of ourselves as a defect looking for a character. When others shared their stories with us, we Identified with their feelings and suffering. After coming to Narcotics Anonymous we found out that we were sick people trying to get better, not bad people trying to get well. We learned that our problem was one that was Spiritual in nature.

The Narcotics Anonymous Program offered us a Spiritual Solution. The Solution required us to take action by applying Spiritual Principles in every area of our Lives.

It offered us Freedom from active addiction. The Program offered us a Fellowship, so we wouldn't have to do it alone, because we can't. The unspoken language of Empathy became one of the Principles that led us to Self- Acceptance.

Our Literature tells us that part of Sanity is effectively relating to others. The Steps and Traditions makes this possible. We start to experience a relationship with Reality, as we Share these Spiritual Principles with others in our Lives.

◆ IN THIS MOMENT ◆

We will not moralize or judge each other. We realize as we kept coming back, that what makes us unique, is that we are all the same.

September 24

The only thing we want to emphasize is that you should feel comfortable with your Higher Power and be able to make the statement that your Power cares about you.

— Gray Book, p. 35 (Step Two, Lines 12-15)

Our Literature tells us that we need the Second Step in order to achieve any sort of ongoing Recovery. Working this Step relieves our obsession to use, and Helps us with our withdrawals. Narcotics Anonymous Grants us the Freedom to choose a Power Greater than ourselves that can restore us to Sanity.

What's asked of us is that this Power be Loving and Caring. This Higher Power of our own understanding does not come without catches.

Our Third Step asks that we be Honest about our Belief. Part of being Honest is to be Willing to try to Emulate some of its Qualities and show Empathy to others, as it is shown to us. The Care, Trust, and Patience we are shown through our relationship with this Power can be reflected to others. Our Literature tells us that it is better to understand rather than to be understood.

If we are asking our Higher Power to remove our shortcomings, we are asking for Forgiveness at the same time. In turn, we will show this Spirit of Forgiveness to others.

◆ IN THIS MOMENT ◆

We will choose a Higher Power of our own understanding. We will choose a Power that will reflect how we want to be treated, and how we will treat others through the Spiritual Principles.

September 25

As using addicts, we lived under a regime of fear. In attaining our new life, we want it free of unreasonable fear.

— Gray Book, p. 42 (Step Four, Lines 20-21)

A fearless moral inventory of ourselves, it sounds easy right? As addicts, our Lives were dominated by fear.

Self-centered fear was at the root of all our problems. We acted out on our defects as a means to cover up what we were really feeling. These defects served us well for a while in our active addiction.

Our lack of self-esteem made us create false images of ourselves, for others to see. We didn't like ourselves, and we were sure if others got to know us, we would be rejected. Our Literature tells us that the masks have to go.

Fear was our default mode; it motivated us to act and react. We were always covering who we really were. Putting pen on paper and revealing ourselves to ourselves was our Solution.

We need a Loving God to Guide us, and give us the Courage to go through this fear and expose the real from the imagined. Writing our Inventory unlocks certain parts of our subconscious that just talking about it won't. Our Healing is in the writing in this Step.

As our Faith increases with every stroke of the pen, our fears are lessened. We have to remember that the Higher Power that got us Clean in the first few Steps is still with us during this Process. Listing our Assets and liabilities Helps us with our Self-Acceptance.

One of the results from this Step is that we peel another layer of the onion. Our Goal in Recovery is to get to the Core, because that's where our Spirituality resides.

◆ IN THIS MOMENT ◆

God will help remove these thorns from our sides. We have to be thorough and write through our fears.

September 26

It will not make better persons to judge the faults of another. The thing that will make us better is to clean up our lives by relieving ourselves of guilt.

— Gray Book, p. 51 (Step Eight, Lines 12-14)

By the time we reach the Eighth Step, we should have put away our blame throwers. In our addiction, we put ourselves in situations to be hurt by others. We also, through our defects, have managed to bring out the worst in people, our families, and employers.

We were told that although we are not responsible for our disease, we are accountable for our Recovery. In our Seventh Step, we learned that God has Forgiven us, and since we're not greater than God, we learn to Forgive ourselves. This will also enable us to become Willing to Forgive others, especially if we're not Forgiven by them. In this Step we achieve Freedom from the past guilt that trapped us.

We become Willing to make a list of people, places and things that we brought harm to. Almost anything or anyone we came in contact with, during our addiction, was a victim. Our Literature says that we also hurt ourselves in the process.

The harms we caused others could've been minor or major. The harms were physical, mental, Spiritual and emotional. We began to look at our side of the street.

As we wrote, our anger and resentments seemed to melt away. We began to build Awareness and gain new Perspectives about ourselves and others. We experience a deeper level of the Promise of Freedom.

We Share our Amends list with our Sponsor. They will show us except where to do so, would injure them or others.

◆ IN THIS MOMENT ◆

We will clean up our side of the street. We will also, in time, learn to Forgive those that we think, real or imagined, harmed us.

September 27

There is something in our self-destructive personalities that cries out for failure.

— Gray Book, p.126 (Chapter Seven, Lines 34-35)

No matter how long we are Clean, no matter how much we Recover through Working and Living the Steps; we in our normal state, is to feel like failures. Our default mode is self-destruction. Recovery is an Uphill Journey, so this implies some work on our part. The Willingness to Change is up to us.

Our Journey in Recovery starts with a Desire. The Actions we take in our Recovery will determine that Desire.

We reap the Fruits of Recovery when we SOW with Spiritual Principles. By attending Meetings our self-destruction button is misplaced, that day. Our Spirits are lifted, and we get to Recover through our Reprieve another day.

The opposite is also True. The longer we stay away from our Meetings the closer we get to finding that self-destruction button. Our Second Step reminds us that we bought our destruction on the time plan.

What we lacked was a Relationship with Reality. The disease of addiction put our Spirits to sleep, and then we picked up. This disease was present in us long before we knew and even before our actual use of drugs.

Our Third Step in the Gray Book states that, "This is the Step where we come into contact with sanity we are promised in Step Two. " This is where insanity meets God. Narcotics Anonymous offers us Spiritual Principles to Live by. They are written so simply that we can follow them in our Daily Lives.

We find that the best way to get out of self, is to work with others. Sharing Hope gives us Hope and that makes us take the Actions that propels us into Faith.

◆ IN THIS MOMENT ◆

We will continue, through attending Meetings, and Working a Living Program, to misplace our selfdestruction button.

September 28

Gradually, as we become more and more God-centered than self centered, our despair turns to hope.

— Gray Book, p. 147 (Chapter Nine, Lines 4-5)

Living the Steps of Narcotics Anonymous is how we come in contact with Sanity. With each Step taken, our Relationship with the God of Our Own Understanding deepens. Our Higher Power becomes our safety net in our Lives.

As our Trust increases so does our Faith. God becomes an action figure in our Lives instead of this distant faraway icon. We become more and more God Conscious rather than self-conscious.

We become more God-centered and less self-centered. As our Spirits Awaken, as a result of those Steps; we become an asset to those around us. We are no longer making a mess out of our Lives and the Lives of others.

This is a gradual process. Our Seventh Step tells us that, "We change every day to gradually, carefully and simply pull ourselves out of isolation and loneliness of addiction into the mainstream of life." It's an overtime progress not overnight. In our Recovery we get out what we put in.

We Share this Message of Hope with others in order to keep it. We learn to work with addicts who seek Recovery.

We light up the path for them as it was lit up for us. We Practice being God Conscious in everything we do. We continue on this Journey so that our Spiritual Awakening stays Progressing.

◆ IN THIS MOMENT ◆

We will Share this Precious Gift of Hope with those that are in despair.

September 29

Sometimes, after a few days of neglecting spiritual maintenance, things begin to really get out of hand in our own lives.

— Gray Book, p. 146 (Chapter Nine, Lines 4-6)

Our Basic Text reminds us that when we stop Living in the here and now, our problems become magnified unreasonably. This Process happens slowly and without notice, until we're in Spiritual trouble. Like a pair of focused binoculars in the trunk of a moving car, it becomes unfocused with the bumps and curves during its daily travels. We're usually unaware how unfocused they are until we pick them up and look through them again.

We realize how unfocused they really were. The same happens to us without the Daily Maintenance of our Spirits. Without Daily Practice, we become like those binoculars in the trunk of that car, unfocused.

In the Seventh Step there's a Spiritual Tool Box laid in front of us as a result of Step Six. With the Help of the God of Our Own Understanding, we tap into the Power to walk this walk. We Surrender on a daily basis and Trust that God will take care of our needs.

Our Third Step starts to bridge that gap between Faith and fear. This Relationship had its beginning in Step One, when we Surrendered to the Program of Narcotics Anonymous. At that point our minds are opened.

We recognize the Hope all around us as evidence in the Lives of ourselves as well as others. We become part of our Message as we Live this Program and Share it with others.

◆ IN THIS MOMENT ◆

We will continue to focus on Spiritual Principles daily, during the bumps and curves of the day.

September 30

Through the freedom in our new lives we are finally able to see the special qualities that we possess as individuals

— Gray Book, p. 161 (Chapter Ten, Lines 1-3)

Part of the disease of addiction is loathing ourselves. We used drugs to get out of self, and be someone else. The problem with using drugs is that we didn't like what we have become either.

We couldn't Live with or without drugs. After a while, we didn't like living in our own skins.

The more we used the worst we felt. A lot of us reached a point where suicide seemed like a good idea; so we used more to cover up these feelings. In Narcotics Anonymous we're Offered a New Way of Life.

We're Offered the Promise of Freedom. First; Freedom from drugs, then Freedom from self, finally Freedom from others and the World at Large. Through the Process of Working Steps and Practicing the Principles of the Program, and the Help of our Higher Power; we become who we were really meant to be. We become Loving, Caring people. We develop Gratitude for our Lives and for the people in our Lives.

Narcotics Anonymous restores sick people back to a better condition than they were before they got sick. With this new condition, we're able to help others. We no longer have to pretend we're someone else.

In this Journey, we are introduced to ourselves. Today, we Accept and start to Love ourselves.

We help others by Sharing who we really are.

◆ IN THIS MOMENT ◆

We will see that the real value is in us being ourselves. We will Share our real selves with others.

October 1

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It is important to remember where we came from so that we don't return. We had to go through what we did to get to where we are now.

— Gray Book, p. 42 (Step Four, Lines 4-6)

Most of us have heard the phrase, "no pain, no gain." The pain in active addiction didn't seem to make any sense, as far as a "gain." Most of the times it seemed senseless and self-afflicted. Most times the result of this pain was followed by negative circumstances and consequences.

Arriving to Narcotics Anonymous, most of us didn't realize that the worst day of our Lives would turn out to be a positive stepping stone that would actually Help us. The pain drove most of us to our Initial Surrender. We recall the poison from the horrors of our addiction.

The pain motivated us to change; it also helped us Empathize with others. The Second Step states that this pain forces us to seek a Power Greater Than Ourselves.

As we work our Fourth Step, we use that pain to write, as we write we heal. In the beginning of our Journey, many of us used pain as a motivator to change.

Working a Living Program we begin to heal. With each Spiritual Awakening, we are Enlightened and the Principles of Freedom and Joy replace our motives. In Recovery, we move through pain and no longer rely on it to motivate change.

Our Steps and Traditions are Spiritual Principles to Live by. Whenever we go against Spiritual Principles, we begin to feel the pain that our self-will produces. Living a Spiritual Life sometimes conflicts with our Human condition and not to mention our addiction.

Change and pain might be inevitable, but suffering is optional. Today, we welcome Change and Accept the growing pains that sometimes accompany it. Whatever is troubling us at any given moment, becomes our Greatest Teacher.

◆ IN THIS MOMENT ◆

We initially use pain as a motivator to change. As we grow with the Help of God, our Sponsors and the Program of Narcotics Anonymous, Goodwill replaces pain as the motivator.

October 2

It is important we keep faith and renew it through daily prayer.

— Gray Book, p. 58 (Step Eleven, Lines 26-27)

Our Eleventh Step says that we continue to seek through Prayer and Meditation, to improve our Conscious Contact with God, as we understood Him. We gain the Power we need to continue to walk this Spiritual Life by renewing this commitment on a Daily basis. The same way yesterday's shower doesn't keep us Clean today, yesterday's Program served its purpose that day, and it brings us to today. All we get is a Daily Reprieve, and that depends on our Daily Spiritual Maintenance.

Maintaining our Conscious Contact with The God Of Our Own Understanding will ensure our continued Growth and Recovery. Our Literature says, "Enforced morality lacks the force that comes from our own choice." Today we can learn without experiencing pain first. We Practice these Spiritual Principles in all areas in our Lives.

Through Prayer, we tap into this Power. We Humbly ask to show us His Will for us.

In Meditation, we achieve this contact. We gain, through this process, the Power to Carry and Live the Message of Narcotics Anonymous.

In the Eleventh Step, we gain Emotional Stability and possibly Achieve Emotional Recovery. This process of Recovering, Uncovering and Discovering takes place over time with lots of actions on our part. The Benefits of Living this Way of Life comes to us soon after incorporating these Spiritual Principles in our Daily Affairs. Our Spiritual Awakening becomes a Dynamic not static force in our Recovery.

When we Share this Gift of Hope with others, we tap into Unlimited Growth.

◆ IN THIS MOMENT ◆

We will Practice a Daily Program of Recovery. We will continue participating in our Journey Day by Day.

October 3

The principle of surrender, is admission of responsibility when we are at fault, and practicing faith.

— Gray Book, p. 146 (Chapter Nine, Lines 22-24)

When we first arrived to Narcotics Anonymous, we were told that we were not Responsible for our disease. We were told that we would be Accountable for the harms we caused. We heard from others that were here before us to "Take It Easy. " All we had to do right now was not to use and to Keep Coming Back.

In time, we would learn to take Responsibility for our Recovery. Our initial Surrender included the Admission of being an addict in the First Step.

We then Surrender to the Spiritual Principles of Narcotics Anonymous. Complete and Total Abstinence was another Spiritual Principle we had to Embrace and Surrender to. The Principle of Honesty means we Align our Actions to the Truth in Step One.

We tap into a Power Greater Than Ourselves that relieves our obsession to use drugs. This Surrender is shown through our Actions, that is what we're Responsible for. This Process is what restores us to the Principle of Sanity.

We begin this Relationship with this Power Greater Than Ourselves in our Third Step. We Surrender to God's Will through Aligning our Actions to that Will. Our Admission of our powerlessness and unmanageability of our Lives, is how we Practice the Spiritual Principle of Faith.

We continue to Practice the Spiritual Principle of Surrender by Sharing this Gift, by Carrying the Pure Message of Narcotics Anonymous.

◆ IN THIS MOMENT ◆

We will take Responsibility for our Recovery, we will Practice Faith through the Principle of Surrender; Aligning our Actions to the Truth.

October 4

giving away that which has been given to us--is our best possible insurance against relapse

— Gray Book, p. 59 (Step Twelve, Lines 22-23)

In the Gray Book, p. 59, Lines 10-11, it says, "This great Step is to be proceeded by the working of Steps One through Eleven. " This implies that the preceding Steps have to be Worked and Lived first. This recycle of our Recovery also means it doesn't end at Step Twelve, if we stop here the relapse process will begin. The Spiritual Awakening is an ongoing process.

We have to continue on this repetitious Journey. The same way our Spirits Awakens, as a result of those Steps, our Spirits can go back to sleep again.

We have to realize that even if we are on the right track, we have to keep moving, because there's always another train coming. The Spiritual Principles of Narcotics Anonymous has to be Practiced in every area of our Lives. One of the ways we keep our Recovery is to Share it with another suffering addict.

Step Twelve is how we individually Carry our Message from one addict to another. Our Gray Book says, " the Twelve Steps guide us from a state of humiliation and despair to a state wherein we are able to act as instruments of God's will. " This Revelation that our Recovery is more than us staying Clean and Recovering is a new concept for a lot of us.

God's dual plan is that He saved us, so we can Help Him save others.

◆ IN THIS MOMENT ◆

We will continue recycling our Recovery, we will remember that relapse is also a process.

October 5

We were forced to cut away all our justifications and all our ideas of being a victim.

— Gray Book, p. 52 (Step Eight, Lines 11-12)

For a lot of us, by the time we wrote our Eighth Step list, our Fourth Step list of names nearly doubled our list for the Eighth Step. The reason for this is the result of the Fifth, Sixth, and Seventh Steps. What began as anger and resentments toward what was done to us in our Fourth Step, was flipped around in the Fifth, Sixth, and Seventh Steps. Our own defects were then revealed to us.

We got to see our part in those situations. We saw that our addiction and drugs put us in situations to harm and be harmed by others.

Our part is that if we weren't practicing the disease of addiction, we probably wouldn't be in a position to get harmed. We no longer could play the blame game. We cut away our justifications and see the part we played.

One of the purposes for this Step is to achieve Freedom from the guilt of the past. Many of us were truly victims as children. We may still hold resentments against our perpetrators.

It will still hurt our Spirits to hold on to these resentments. The Eighth Step makes Forgiveness of these people possible.

We also Forgive ourselves in this Step. We are shown in this Step how our actions and behaviors, in active addiction, actually affected us at a deep level. That's why it's suggested that we also put ourselves on the list.

With Prayer and the Help of our Sponsors, we become Willing to Amend our past. Our Gray Book says that in this Step, " we are gaining new attitudes about ourselves, and how we deal with other people. "

◆ IN THIS MOMENT ◆

We will acknowledge that in most cases, we were the victimizers, not the victims. We will learn the Spirit of Forgiveness as a result.

October 6

Projecting about the Ninth Step can be a major obstacle both in making the list and in becoming willing.

— Gray Book, P. 52 (Step Eight, Lines 14-16)

In active addiction, we became excellent projectors; we never Lived in the Moment. We regretted our past, and we borrowed from tomorrow. We projected how situations and events were going to take place, with the worst scenarios and results.

We became good script writers in a horror flick. The whole plot put us in the worst case possible and was not based in Reality.

Most of the time, our predictions were wrong. Now that we're in Narcotics Anonymous, our projections can still be based on fear. Fear is never in the present; it's us Living in the future, causing our own anxiety and obsessions.

We find if we Live in the Moment our fears are lessened. As a result, our Spirituality Flourishes. We are then able to make the list of all those people, places and things we have harmed.

We are then capable and possibly become Willing to Amend our wrongs. Our Literature says, "We try and work this Step as if there were no Ninth Step." It goes on to say that it can be a stumbling block in making a list and become Willing. We have to remember that the purpose of this Step is for us to achieve Freedom from guilt, from our past.

We are preparing to Practice the Spiritual Principle of Forgiveness. We place ourselves on the list for the harm we caused others.

As we Forgive ourselves, we are able to Forgive others. Some will put God on the list because in our active addiction, we violated most of the Spiritual Principles that He Created.

◆ IN THIS MOMENT ◆

We will not project about making Amends. We will stay in the Moment with the presence of God.

October 7

As recovering addicts, we find that we are still dependent, but our dependence has shifted from the things around us to a loving God and the inner strength we get in our relationship with Him.

— Gray Book, p. 106 (Tradition Seven, Lines 18-21)

In active addiction, we depended on people, places and things to feed our addiction. This unhealthy dependence led us to become slaves to our addiction. We couldn't be ourselves or stand on our own two feet.

We were our own prisoners and were held hostage by the disease of addiction. In Recovery, our dependence is shifted to a Higher Power, and to the Program of Narcotics Anonymous. We found that this was a Healthy dependence.

We found that we no longer had to be alone. We no longer have to be hostages in our self-made prisons. Our Reliance, not compliance, is actually a Healthy Relationship with a Positive Force in our Lives.

We see and experience the evidence of Sanity in our Lives and in the Lives of others. We develop Faith as a result of this Trust and action.

No longer is it blind Faith. It's actually a working Relationship with a God Of Our Own Understanding. This is something many of us lacked in active addiction and before coming to Narcotics Anonymous. We continue to tap into this Source for inner Strength and continuous Spiritual Growth.

Our Spirits Grow and we gain more Freedom. In this Living Program, we continue depending on God and the Support of others. Although Spirituality is an individual path, we still do it together, no longer are we forced into isolation.

◆ IN THIS MOMENT ◆

We will shift our dependence from the disease of addiction, to God and the Program of Narcotics Anonymous.

October 8

We suspect that if we do not use what we have, we will lose what we have.

— Gray Book, p.119 (Chapter Seven, Heading)

Recovery is a process, but so is a relapse; the process of a relapse requires no work on our part. The fact is, not working on our Recovery process is when the relapse process begins. The Recovery process requires constant action on our part. Our Literature says that our Program is a set of Principles written so simply that we can follow them in our Daily Lives.

The most important thing about them is that they work. Addiction affects us in every area of our Lives. We must Practice these Spiritual Principles, in every area, for them to work.

Our Literature reminds us that if we don't use what we have, we lose it in a relapse. The last physical action in a relapse is that we use. We get loaded at the end of a relapse.

The process of Recovery ceases when we stop using what we've learned, at that point the relapse process begins. We must stay active in our Recovery. We must continue to attend meetings.

We also continue working with our Sponsors and Sponsees if we have any. Our Literature tells us that we continue Living the Spiritual Principles of the Steps and Traditions.

We also have to give away what we have in order to keep it.

◆ IN THIS MOMENT ◆

We will Practice the Spiritual Principles of Narcotics Anonymous Daily, moment to moment. We will use what we have or lose it in the process of a relapse.

October 9

Sometimes, after a few days of neglecting spiritual maintenance, things begin to really get out of hand in our lives.

— Gray Book, p. 146 (Chapter Nine, Lines 4-6)

Living Just For Today entails that we renew our Recovery on a Daily Basis. We did work Steps, and yes; we went to hundreds of Meetings previously. This is a twenty-fourhour Program and all that work we did brought us up to where we are today.

Anonymity suggests that we don't take credit for our Recovery. We give Thanks to the God Of Our Own Understanding. We demonstrate our Gratitude by showing up at Meetings and staying available for Service.

We also show our Gratitude by Sharing it with other suffering addicts. For us, not to continue on a Daily Basis to renew our Surrender and our Commitment to Recovery, magnifies the problems in everyday Living. Our Recovery is only as good as our last Step Work, Meeting, and the last Principle we've just Practiced. Ongoing Recovery means just that, ongoing.

We can't stay Clean on yesterday's shower, so we can't stay Clean on yesterday's Recovery. One member Shared that when they go to sleep that night, their Recovery expires. When they wake up the next day, they renew their Recovery with the Third Step Prayer.

This Daily Surrender allows us to stay Clean for that day. This Daily Reprieve Granted to us is contingent on our Total Surrender to Spiritual Principles on a Daily Basis.

◆ IN THIS MOMENT ◆

We will renew our Commitment to our Recovery. We will continue to Surrender on a Daily Basis as if it were our first time.

October 10

Before we got clean, all our actions were guided by impulse. We seldom thought constructively

— Gray Book, p. 137 (Chapter Eight, Lines 24-26)

In our active addiction, we seldom made our own decisions. Our decisions were made for us by default.

Sometimes our decisions were made for us by others. As using addicts, we were guided by what seemed to be animal instincts. We acted out of impulse and most of the times; the results were negative.

We were creating problems on top of the original problem. We Lived in the problem instead of the Solution. Learning how not to act on impulse is a result of Practicing the Principles of Narcotics Anonymous. We learn that by hitting the pause button before acting or reacting can make all the difference in the world, and saves us a lot of grief.

Step Ten reminds us to take those extra ten seconds, or dismiss those first ten ideas, to act and not react; to stop and give ourselves the Privilege of thinking. Our Literature reminds us that a Clean addict is in an abnormal state. Recovery has been described by some like a right-handed person doing things with their left hand. We can start our day over at any given time. We can take a spot check Inventory during the day.

We can use Step Ten as a pressure relief valve. We Practice the preventive part of the Step to avoid the corrective part.

We make self-restraint a habit and act with Positive actions and attitudes. We Practice these Spiritual Principles until they become automatic.

◆ IN THIS MOMENT ◆

We will not act on impulse. We will stop and give ourselves the Privilege of thinking.

October 11

The willingness to try new ideas and possible solutions will help open the door to our recovery.

— Gray Book, p. 80 (Chapter Five, Lines 26-27)

Our Literature tells us that what we knew about living, before we got to Narcotics Anonymous nearly killed us. Our addiction forced us into surviving instead of Living. Denial had us trapped in these endless loops that only led to destruction and self-destruction.

The Solution was right in front of our eyes, but our disease caused us to miss it. In the Gray Book, p. 80 lines 8-9 says, "We often miss what we are looking for because it isn't hidden. " For many of us, Recovery was beyond our reach. In Narcotics Anonymous with the Help of our Higher Power, our Sponsor, and others, we will find what we were always missing, "ourselves. " We have to be willing to try something different; something that has worked for many years and countless others.

The First Step tells us that Admitting our powerlessness and unmanageability that addiction has over our Lives, opens the door to Recovery. Our Admittance has to be followed by Action to be effective. We confirm our Surrender by following the suggestions and the Spiritual Principles of Narcotics Anonymous. We Admit that our way did not work.

We get Honest with our using by doing it the N.A. Way.

The suggestions we are given are free. The only suggestions we pay for are the ones we don't take.

Our minds are opened as we witness and experience the many Miracles in Narcotics Anonymous.

◆ IN THIS MOMENT ◆

The door of Recovery will open, if I'm Willing to knock, new ideas and Solutions will answer.

October 12

When we admitted that our lives had become unmanageable, we didn't have to argue our point of view.

— Gray Book, p. 79 (Chapter Five, Lines 8-10)

One of the first things we experience in Narcotics Anonymous, when we stop using drugs, is an inertia like that of a speeding car that suddenly stops, everything that's in the back seat flies to the front seat. We begin to see and experience the wreckage of our past. Although the tornado is over, the wreckage we caused is left behind. The results of our using finally start to catch up to us.

The powerlessness and the unmanageability of our Lives are evident and become hard to deny. However, there is a Solution.

Our First Step says repeatedly that, when we Admit our powerlessness and unmanageability of our Lives, we open the door to Recovery. The opposite is also True, not Admitting our powerlessness and unmanageability, closes the door to Recovery. This can happen no matter how long we've been Clean and in Recovery. We no longer make excuses or blame the disease.

We take Responsibility by taking Action to make sure we don't repeat our history of using. The Steps and Traditions of Narcotics Anonymous are designed to change our Future. Today we will use the Principles of Narcotics Anonymous to change our past by changing our present.

Our present becomes the past in the Future. We Learn to Accept our disease as well as our Recovery.

We will no longer have excuses for our disease, or in being an addict.

◆ IN THIS MOMENT ◆

We will Admit that our Lives are unmanageable, by our own accord. We will seek Help from God and the Program of Narcotics Anonymous.

October 13

To be able to receive we must give and more importantly we have to receive in order to have something to give.

— Gray Book, p. 152 (Chapter Ten, Lines 21-23)

Another way of saying the above quote is, we can't keep what we have, unless we give it away; and yes, we can't give away what we don't have. This saying sounded strange when we first came to Narcotics Anonymous, it didn't make sense in our active addiction. We no longer had what we gave away, and most of the time we had nothing to give away anyway. We lived a selfish, self-centered life in active addiction.

In Narcotics Anonymous we received Freely from addicts who were here before us. Many of us wondered if there was a motive behind it. When we first arrive to Narcotics Anonymous, we have to receive the Message from those who were here before us.

Before that, we really had nothing to give away. Our active addiction is all we knew, and it didn't serve as a Solution. Our past will serve as a Stepping Stone later.

When we are new, we need to take the cotton out of our ears, and put it in our mouths. In other words, we had to Listen to Learn.

Only then we would have a full Narcotics Anonymous Message to Share. As we Grew Spiritually, we saw that this Gift when Freely Shared with others, multiplied our sense of Humanity and also kept us Clean and wanting more. If our cups are full, we are unable to Receive more. We have to give some away to Receive more.

Today our cup will not runneth over and go to waste.

◆ IN THIS MOMENT ◆

We will continue to Give away what we have Received, in order to get more and have more to Give away.

October 14

This is our road to spiritual growth, to change our character, day by day, to gradually, carefully and simply pull ourselves out of the isolation and loneliness of addiction into this mainstream of useful Fellowship.

— Gray Book, p. 49 (Step Seven, Lines 31-35)

The road to Spiritual Growth is sometimes a painful, Joyous, and at times a tedious path. The word "gradually" seems to let us know that it happens overtime not overnight.

The word "carefully" in this quote implies that we remain vigilant. Recovery is a slow process, but it is progressive.

The Steps and Traditions of Narcotics Anonymous is a blueprint for Life. It is also the instructions on how to Change. Our Spiritual Awakenings has to be followed by a Change in our attitudes and behaviors.

We have to replace our old habits with new habits, that are conducive to our Recovery. We must always guard our Recovery no matter how long we've been Recovering. Some people, places and things can be detrimental to our New Way of Life.

The way we Lived in isolation, in the past, can cause us to sometimes be unaware of the daily traps that Life itself may incur. Devolving our new character through working the Steps, helps us avoid some of these pitfalls. We heard from others that people and the Fellowship can fail you, but the Program won't. The Gray Book tells us, "From the isolation of our addiction, we were thrust into a fellowship of people with a common bond: addiction, N.A. is like a lifeboat in a sea of isolation, unwillingness and chemicals." We Thank N.A. for God, and we Thank God for N.A.

◆ IN THIS MOMENT ◆

Through Living the Steps with the Help of God, Sponsors and the Fellowship of Narcotics Anonymous, we will avoid some of the obstacles and pitfalls on this Spiritual Path.

October 15

Few of us set out to become addicted, because when we used, we thought we were in our normal state.

— Gray Book, p. 6 (Chapter One, Lines 10-11)

We first used drugs, then drugs used us. Our using began as a normal event and was recreational. We soon became preoccupied with using drugs even when we weren't using.

The progression sometimes rapid, at times slowly, at the end drugs used us. That earlier euphoria that drugs gave us no longer came. The feelings of emptiness and despair returned whenever we put the drugs down.

Toward the end of our drug use, we used to avoid getting sick. We didn't set out to become addicts. After a while, we found that we couldn't Live with or without the use of drugs.

We used drugs to survive, and it was the only way we knew how to Live. Our Lives became unmanageable and most of us sought help from religion, medicine, institutions and doctors; some of us went to jails or institutions; all these methods failed us. The last house on the block was Narcotics Anonymous. We found our Solution in Narcotics Anonymous. We found out that we suffered from a Spiritual disease.

Doctors and modern medicine just seem to enable our disease even more. We soon learn that a Spiritual problem needs a Spiritual Solution not a chemical one. Today being Clean and Serene is an abnormal state for us.

It's the best Life we ever have known.

Every day, More Will Be Revealed.

◆ IN THIS MOMENT ◆

Although we had no choice in being addicts, we can choose Recovery. We could take advantage of what N.A. has to offer us.

October 16

we pray only for knowledge of his will for us and the power to carry it out."

— Gray Book, p. 58 (Step Eleven, Lines 17-18)

When we first arrived to Narcotics Anonymous, most of us were broken. A lot of us were in pain, and had lost almost everything that was near and dear to us; most of all we lost ourselves. We were at the end of our road. Everything we tried failed to bring any relief or answers to our problems. Our pain and withdrawal from using drugs were inevitable.

The pain of Living without drugs, and the lifestyle, forces us to seek a Power Greater Than Ourselves. After Complete and Total Abstinence, this Power relieves our obsession to use. This Power restores our Hope and Grants us Freedom from active using. We identify this Power in the Third Step. We build Trust with the God Of Our Own Understanding as a result of the evidence in our and other's Lives.

This Relationship takes on a more personal meaning as we progress through the Steps. In the Eleventh Step, we see that most of our Prayers are answered. By this time in our Recovery, our Prayers become really simple. We pray for our basic needs.

At times, we Pray for our wants; things we think we need. We soon find out that it isn't God's Will for us. What we received caused us more pain and sometimes insanity in our Lives. Our Sponsors told us to be careful what we Prayed for because we might get it. Then we might have to Pray for its removal. We learned to be Responsible in our Prayers.

◆ IN THIS MOMENT ◆

*We will Pray for Knowledge of God's Will for us. We will Pray to want the things we have. Not
Pray to have the things we want.*

October 17

If our spirituality cannot help us today, then we need to re-evaluate what we term spiritual.

— Gray Book, p. 146 (Chapter Nine, Lines 10-11)

Our Literature tells us that what was appropriate to one phase of Recovery may not be for another. In this Journey of Recovery, with the Help of our Higher Power, each other, and Working Steps, we need to keep redefining our Truths. Our Gray Book, in our Twelfth Step says, "Everything we know is subject to revision, especially what we know about truth. " One of our first Truths that needed defining was what we defined as Sanity. The bar on the definition of Sanity must constantly be raised. It's no longer just about not using.

Our Third Step bridges that gap, from insanity to Sanity. We are constantly evolving and there's always work to be done. As we recycle through the Steps, they take on a deeper meaning.

Overtime, the Steps seem to be different because we're different. Some of our defects of character appear to have subsided. The Truth is that some defects learn to disguise themselves.

They come out of the closet with different clothes on. They are the same defects just a little more subtle. The Solution is to stay Open-Minded to new ideas about ourselves and others.

We keep developing our God Consciousness in the Eleventh Step. We complete this Conscious Contact through Prayer and Meditation.

We keep studying our Literature, and we continue taking Personal Inventory. Every day is different and so are we. There's always an Opportunity for Growth.

We keep what we have through Spiritual Vigilance.

◆ IN THIS MOMENT ◆

We will keep re-evaluating what we term as Spiritual. With the Spiritual Principle of Open-mindedness, we will avoid becoming Spiritually complacent.

October 18

Although "Politics makes strange bedfellows", as the old saying goes, addiction makes us one of a kind.

— Gray Book, p. 132 (Chapter Eight, 1st Paragraph)

Addicts come from all walks of life. The disease of addiction does not discriminate.

It's an equal-opportunity destroyer. Addicts differ in age, race, sexual identity, creed, religion, or lack of religion. Since the disease of addiction is so inclusive, Recovery also has to be inclusive.

The Program of Narcotics Anonymous is like an island that is filled with shipwrecked people. Our Gray Book tells us that, " we were thrust into a fellowship of people with a common bond " Narcotics Anonymous offers a Program that its Spiritual basis is strong enough to support a person with the disease of addiction. We Share a common bond of addiction. We also Share a common bond of Recovery.

This Common Welfare is what Unites us. Together we can Help each other where no one, or anything else could. Chapter Eight in our Literature says we Share, "That wordless language of recognition, belief and faith, which we call empathy, created the atmosphere in which we could feel time, touch reality " The Identification from the horrors of addiction we suffered creates our Empathy. Together we're United for the Purpose of Recovery for ourselves and to Help others Achieve Cleanliness and Recovery as well.

In Narcotics Anonymous we're given a set of Spiritual Principles. These Spiritual Principles can be applied to every area of our Lives. The results are different levels of Freedom and Hope that only Recovering addicts can Understand.

Narcotics Anonymous has been described, by many of us, as a ship in a sea of isolation. Either we hang together or we hang individually.

◆ IN THIS MOMENT ◆

We will use our Diversities as our Strength. We will use our differences to Help every manifestation of the Recovering addict.

October 19

That wordless language of recognition, belief and faith, which we call empathy, created the atmosphere in which we could feel time, touch reality and recognize spiritual principles

— Gray Book, p. 133 (Chapter Eight, 2nd Paragraph)

One of our members said, "Spirituality is having a right relationship with reality"; these words ring True. Living in active addiction was anything but right, or based on Reality. It was a dysfunctional relationship at best.

We never Lived in the moment. Our feet never matched our minds; our feet might've been in that moment, but our minds were in fantasy. Some of us talked about traveling and doing all kinds of things.

The fact was that we couldn't leave the drugs that were right in front of us. Our world was constantly shrinking; it soon involved nothing but using and finding means and ways to use more. The only traveling we did was back and forth to cop drugs. Little by little we lost ourselves.

The disease was gaining more and more territory as we continued to use. At the end of our active use, we were isolated from others.

Although our bottoms were physical, mental and Spiritual, they differed in degree. We identified with the feelings and the desperation of others. Coming to Narcotics Anonymous has been described as a coming home.

We began to feel the Unconditional Love and Empathy from others. We finally felt time and touched Reality.

We finally felt like we belonged. We were finally part of something big and Good. Today we Live by Spiritual Principles, some like the ones we first experienced from others when we first arrived to Narcotics Anonymous.

◆ IN THIS MOMENT ◆

We will Share this Precious Gift of time and space with another suffering addict. Today we will remain Grateful for our Homecoming.

October 20

Enforced morality lacks the force that comes from our own choice.

— Gray Book, p. 58 (Step Seven, Lines 32-33)

As addicts, sometimes we have to learn the hard way. As we grow Spiritually we find that we can learn from our own humiliations.

We can also learn from the experience of others. We see members struggle; we see some pull through, and some return to active addiction. If they're fortunate to make it back, they tell us about those experiences.

They learned through their experience and so did we. We don't have to go back out there to learn.

It isn't worth it; Recovery is much better. We learn to Share our experience with others. We Share our experience for identification purposes.

We also Share our experience so that some won't have to go through with what we went through to learn from it. We learn by Choice; we learned through Wisdom this time; we didn't have to experience it. When we work the Program, we find that we still experience consequences of our actions. We also find that when we practice the Principles of the Program and are Guided by God's Will, we will get the Power necessary to go through whatever we need to learn this lesson. Today we don't necessarily have to choose pain as a motivator.

Wisdom sometimes comes from experience, but experience usually comes from lack of Wisdom.

◆ IN THIS MOMENT ◆

We will seek Change when we see the Light and not wait to feel the heat.

October 21

”

This is the Step where we come into contact with the sanity we are promised in Step Two.

— Gray Book, p. 39 (Third Step, Lines 29-30)

Our Literature tells us that in Step Three, we made a Decision. For the first time, for many of us, we made a decision. After a while, working and Living the Steps, the pain of our addiction was not the reason we were still here.

We were not mandated or coerced by someone or something, anymore. The desperation of our using was replaced by Hope, and our insanity replaced by Faith.

Our Decision was made strictly by us. We got a taste of the Program, and we wanted more. For many of us, it was the first time we ever had a working Relationship with the God Of Our Own Understanding.

For some of us, Life didn't necessarily get better; we got better with Life and the things going on around us. Our Third Step reminds us that this Decision implies Action. Our Literature tells us that if you want what we have to offer, you have to be Willing to make the effort to get it.

This statement implies that there's action on our part. This Commitment entails everything we heard when we first came to N.A. We first had to practice Acceptance through the Surrender to the disease.

Then, we had to Surrender to Narcotics Anonymous and its Spiritual Principles. We had to continue to improve the contact with the God we met in Steps One and Two. We might've made the Decision early on, but this is a Daily, Twenty-Four-Hour Program. A Daily Reprieve is all we get and that is dependent on our continued effort to Practice these Spiritual Principles on a Daily basis.

This Daily Reprieve is also contingent on us Sharing our Recovery with other suffering addicts who seek it.

◆ IN THIS MOMENT ◆

We will Practice Surrendering to the Principles of Narcotics Anonymous on a Daily basis. We will continue doing what first worked for us when we first got Clean.

October 22

The progression of the disease is an ongoing process, even during abstinence, no matter how long.

— Gray Book, p. 128 (Chapter Seven, Lines 32-33)

The Basic Text tells us that the disease of addiction is progressive, fatal and incurable. This disease can only be arrested "A Day At A Time. " There is no cure for the disease of addiction.

The disease once manifested is always worse than before. Even during our Cleanliness the disease is still progressing.

Recovery, on the other hand, only progresses with Action. Our Literature tells us that the progression of Recovery is a continuous Uphill Journey. This means that we can't stop doing the things that got us Clean at the beginning. When we stop going to Meetings, working Steps with a Sponsor and a Higher Power, we start the downhill spiral into jails, institutions and possibly death.

Ongoing Recovery means we have to keep "on-going." Abstinence does not equal Recovery; however, it can equal to Recovery if we put the work in. Our Clean time can become our enemy if we become too complacent. We learn to recycle through the Steps and Traditions.

We draw a deeper meaning to these Spiritual Principles as we Grow in this Process. The Principle of Perseverance must come into place, if we are to stay. If we never leave the Basics, we would never have to return to them.

If we stay, we never have to Keep Coming Back. We get out of ourselves by working with others.

We Share Freely what was Freely Shared with us. Today we will continue working a Living Program of Action.

◆ IN THIS MOMENT ◆

We will work the Narcotics Anonymous Program for Twenty Four hours at a time. We will continue on this Uphill Journey.

October 23

By the surrender of our own power, we gain a far greater power that will see us through.

— Gray Book, p. 58 (Step Eleven, Lines 25-26)

In the First Step, we Admit our powerlessness and our unmanageability of our Lives. Surrendering to the Principles of Narcotics Anonymous is our Admission of defeat.

This Unconditional Surrender is the beginning of our Journey. We are not on this Journey on our own; we have the support of a whole Fellowship of people just like us. We also have a set of Spiritual Tools to make our Recovery possible.

The Second Step is where we tap into a Power that can do for us what we can't do for ourselves. This Power is Greater than ourselves and is Spiritual in nature.

This Power Helps us with our obsession and withdrawals from drugs. By using this Power, we actually gain the Power we need to Recover. We gain the Power to Practice Spiritual Principles in our Lives and in all our affairs.

Our Gray Book says, " we simply recognize that there is a force for good in the world and we cooperate with that force. " The Eleventh Step is where we ask for Power to continue on this Process of Recovery. Through this Process, we gain God Consciousness and Practice the Principle of Anonymity. We Admit that we can't do this on our own accord.

This is a supernatural Step because this Power is not from any human source. This Power that saved us from the horrors of addiction is still here for us, if we seek it.

◆ IN THIS MOMENT ◆

We will continue tapping into this Power; we will Surrender to win.

October 24

We are not responsible for our disease. We are responsible for our recovery As we begin to apply what we have learned, our lives begin to change for the better.

— Gray Book, p. 139 (Chapter Eight, Lines 8-9, 16-17)

We're guilty until proven innocent; how many times have we felt this way in our active addiction? Our guilt and shame only brought us down deeper into the depths of addiction. Narcotics Anonymous tells us that we're not bad people trying to get good, we're sick people trying to get better. We suffer from a Spiritual disease, not a moral dilemma.

Part of Admitting that we have a disease releases us from being Responsible for having it. Admission releases us from that remorse and self-condemnation.

We realize that the only way to feel better, is to get better. We Surrender to the fact that although we are powerless, we are not hopeless. There's a Solution and the Solution is up to us, and it's in Narcotics Anonymous, if we want to make the effort to get it.

Yes, we are Responsible for our Recovery and Accountable for our disease. In our New Way of Life, with the Help of our Sponsors, others and a Higher Power, we are able to start the healing process and start to clean up the wreckage of our past. We begin to experience a Freedom we've never known. We start to Live Happy, Joyous and Free.

We find a New Way To Live. We Share this Message of Hope and Promise of Freedom with other suffering addicts who seek Recovery, for that we are Responsible and Accountable.

◆ IN THIS MOMENT ◆

Although we are not Responsible for our disease. We are Responsible for our Recovery. Today we are Accountable.

October 25

The spiritual truths at the heart of our program do not change but the edges are constantly Growing.

— Gray Book, p. 157 (Chapter Ten, Lines 4-5)

If it's not Practical, it's not Spiritual, that's what our Literature tells us. The Spiritual Principles of Narcotics Anonymous do not change, but the edges are constantly Growing as the Gray Book states. The indispensable Principle of Honesty, for instance, may mean cash register honesty at first.

As we Live the Principle of Honesty in the First Step, it comes to meaning more. Honesty Grows into aligning our Actions to the Truth.

No longer is it about just being Clean, it's about Action. We attend Meetings; we work with a Sponsor; we read our Literature and apply its Principles to our Lives daily, in all our affairs. As we Awaken Spiritually, the Principle of OpenMindedness increases as we Tap into the Higher Power we met in the Second Step. Our Higher Power not only relieves our obsession to use drugs, but also, we use this Power to relieve our other obsessions.

Anything we use to fill in the void left by the drugs becomes subject for removal by our Higher Power. We made the Decision to turn our Thinking and our Actions to the Power we tapped into in the Second Step. We then became Willing to turn over all parts of our Lives, not just our using.

Our Surrender deepens with every Step we take. Our Spiritual Awakening becomes a Progression as we continue on our Spiritual Journey.

◆ IN THIS MOMENT ◆

We will Trust our HP to Guide and Direct us into learning more ways to Live life the N.A. Way.

October 26

For years, we have avoided seeing ourselves as we really are.

— Gray Book, p. 44 (Step Five, Lines 8-9)

We used to Live, and Lived to use. We used to cover up what we've become in our active addiction. The guilt, shame and remorse were too painful for us to face Clean.

The more we used, the more shame, guilt and remorse we created. After a while, our conscience stopped bothering us because it left, soon after we stop listening to it. All that was left is what we've become, and we weren't too proud of that either. We created masks to enable our using.

The problem is that our feelings got masked as well. The Fifth Step tells us that the masks have to go.

We've been taking Inventory of our Lives since coming to Narcotics Anonymous. Writing our Inventory unlocks parts of our subconscious that normally wouldn't have been revealed by just talking about it. The healing we get from working the Steps, helps us Accept our Assets. The Steps also reveals what we are lacking, so we can work on those liabilities.

It gives us the tools we need and with the Help of God and others in Narcotics Anonymous, we are able to become the people we were meant to be. We become Free to be ourselves. We no longer have to seek approval from others. We learn to Love ourselves.

Part of our Recovery is also about Self-Care. We no longer participate in risky behaviors.

We learn to take Care of ourselves. We learn Self-Forgiveness and Forgiveness of others with all their liabilities.

◆ IN THIS MOMENT ◆

We will work toward Self-Acceptance. Through the Steps, we will Accept both Assets and liabilities in ourselves and others.

October 27

We want to look our past in the face and see it for what it was--and then to release it so that we can live today.

— Gray Book, p. 41 (Step Four, Lines 4-6)

Fear kept us trapped in the past. When we dwelt in the past it kept us angry and depressed.

The only way out is to go through it, and use the information as not to repeat it. When we take a Personal Inventory in the Fourth Step, we see that we caused most of our problems through our active addiction. We developed patterns that made our using possible. We put ourselves in positions that the only way out was to lie, steal and cheat.

Taking a Moral Personal Inventory we see that we weren't bad people trying to get good; we were sick people attempting to get better. We were guided by a destructive force that was slowly killing off our spirits. These defects or tools of the disease enabled us to keep using. Committing a slow suicide by using enabled us to exist just long enough to get rescued by Narcotics Anonymous.

We needed every single defect of character for our survival of the disease of addiction. In Recovery, none of these old tools are no longer needed. They served their purpose in our old way of life. In Narcotics Anonymous we find a New Way To Live.

Today we jot these situations on paper. Our written Inventory helps us see the Truth for what it was.

We develop the Willingness to Change by taking Positive Action in our behaviors and attitudes. We Surrender our fears and our anger to God. We learn to Live in the Day.

We stop creating more wreckage and Practice Spiritual Principles instead. We no longer walk with shame, and we're released from our chains.

Today with Narcotics Anonymous we are Free to Live, Just For Today.

◆ IN THIS MOMENT ◆

We will look at our past and then learn to turn our negative experiences to positive lessons.

October 28

Working the Steps got us out of our old attitudes.

— Gray Book, p. 79 (Chapter Five, Lines 7-8)

Our Literature reminds us that our disease is one of attitudes and behaviors. Although this is not what makes us addicts, it's one of the characteristics of the disease. Our personalities took a dark twist as we practiced our addiction day in and day out. The result was that our Perceptions were changed and that led to our Perspectives being changed, as a result our minds got sick.

We had to lose our heads to find our minds. We had to put ourselves in the position of "Surrender", to be found. The Second Step reminds us that it is the Process of Coming to Believe that Restores us to Sanity. This Restoration requires Action on our part.

A new Idea cannot be Grafted into a closed mind. This means that we have to Live our way to Good thinking. We can't think our way into Good Living.

The actions that the Steps required for Change is what we needed. Some of us had to fake it till we made it. We can only fake it for so long.

Developing a Good Attitude required Gratitude. To be Grateful that we're not in active addiction.

To be Grateful that we're still alive. To be Grateful that we have a Fellowship that can Help us in this Journey.

A Personality Change is what we needed. We have Narcotics Anonymous and a God Of Our Own Understanding as the necessary Tools for us to Change. We first need to Surrender to these Spiritual Principles of Narcotics Anonymous.

◆ IN THIS MOMENT ◆

We will position ourselves where our Altitude and Longitude will be our Attitude and our Gratitude.

October 29

As we begin to live in the present, burdens of the past and anxieties of the future slip away.

— Gray Book, p. 147 (Chapter Nine, Lines 26-28)

Living In The Moment means to focus on what's right in front of us. Some of our members say, "fantasy is where your head is at, Reality is where your feet are at." In Narcotics Anonymous we're told to bring the body, and the mind will eventually follow. Our Literature tells us when we don't Live in the Present, our problems become unreasonably magnified.

We as addicts tend to make mountains out of mole hills. Living with lack of Faith affects our Spirits. We start to project false Realities, and our fears begin to set in.

We dwelled in the past, SO we began to Live in the past. Depression, anger and resentment begin to set in.

We Surrender again to our Higher Power and let Him do what we can't do for ourselves. We learn to focus at the task at hand and Live in that Moment. We ask our Higher Power to relieve our obsessions, and we continue to do the next right thing. The Steps and Traditions of Narcotics Anonymous make it possible for us to get out of the way, so our Higher Power can reconstruct us.

It's an inside job, so we might not see the changes right away. In fact, we are sometimes the last ones to see these changes. We come to enjoy Living in the Present and develop Gratitude for where we're at.

We ask God to Guide our thoughts and our Recovery and continue on our Spiritual Journey. Our fears and anxieties slip away, and we're Free again.

◆ IN THIS MOMENT ◆

We will Live In This Moment, We will come to realize that fear and anxiety are feelings that are based in the future. Depression and anger are feelings based in the past. We shall Live with the Joy from Living in Today.

October 30

Our new found way of life may have its problems. When we ask for help, the road ahead won't be so rocky.

— Gray Book, p. 146 (Chapter Nine, Lines 18-19)

When we arrived to Narcotics Anonymous, we were told that things around us may not necessarily get better, but we will get better with the things around us. Regardless what happens to us, in Recovery; we don't have to go through it alone. In our active addiction we suffered alone and often we saw no Hope insight. Today with the Help of the God of Our Own Understanding and the support we get in Narcotics Anonymous, we can face anything and not use over it.

They say that the calmest place in a hurricane is in the eye of the storm. In Narcotics Anonymous, the safest place for us to be is right in the center. Our Gray book says, "The program doesn't work when we adapt it to our life, we have to adapt our life to the program. " N.A. has to be at the center of our Lives; everything else has to be around the center. Together we can face Life on God's Terms.

With our new found Way Of Life, we find it's okay to ask for Help. We can have the Faith that all will be well. We realize that no problem is bad enough that using can't make worst.

We Share whatever is troubling us with our Sponsor and our support group. We listen for a Solution from their experience.

We become part of the Solution and not part of the problem. We learn that whatever we go through will serve as a Stepping Stone to Help others.

Thank God we are each other's eyes and ears.

◆ IN THIS MOMENT ◆

No matter what happens on this Journey, with an addict on our left and an addict on our right we can stay in the middle, where it's calm.

October 31

Our recovery is dependent on our belief in a loving God who cares for us, and will do for us whatever we found impossible for ourselves.

— Gray Book, p. 147-148 (Chapter Nine, Lines 33-1)

When we tapped into a Higher Power in the Second Step, we found that this Power did for us what we found impossible for us to do for ourselves. One of the things this Power did for us was that it relieved our obsession to use drugs. This was a supernatural event in our lives, an addict that can stop using drugs, and lose the desire to use. Indeed, this was an abnormal act for an addict, but not impossible for this Supernatural Power most of us call God.

As we progressed through the Steps, we took the action, and we experienced the results. Results that can only be attributed to a Loving, Caring Power outside ourselves. This Recovery process didn't take place by our own accord.

As we progress in our Recovery, we see that it would be impossible for us to accomplish these tasks without this Higher Power. We wouldn't be able to stay Clean.

Without this Higher Power we wouldn't be able to Practice Spiritual Principles in our Lives on a Daily Basis. We get to see ourselves and other members go through crisis in Life and not use. This Belief along with Action that creates Faith, is what restores us to Sanity.

The God of Our Own Understanding is still with us to Help us in our Recovery.

◆ IN THIS MOMENT ◆

We will acknowledge that the Power that saved us from the horrors of addiction is still with us and can help us do what we can't do for ourselves.

November 1

As clean addicts in the Fellowship of Narcotics Anonymous, we help ourselves by helping others.

— Gray Book, p. 70 (Step Twelve, Lines 35-36)

One of our members shared that he spent years in Narcotics Anonymous, working on himself. The member spent countless hours working with the Literature, working Steps. The whole focus was on his progress in his Recovery.

This member found himself still depressed and not benefiting from all the Fruits the Program offered. Not until he worked with others, not until he actually got out of self and worked with another suffering addict, did he start to fully experience Growth. That is when his Recovery began to flourish. The work this member did on himself by himself was like planting seeds and not watering them.

Growth cannot take place in Narcotics Anonymous by ourselves. We can't keep what we have, unless we give it away. On the other hand, we must have something to give away.

One of the Greatest phenomena we can Share is when the desire to use was lifted. This abnormal state of being Clean gives Hope to the newcomer. This Miracle also demonstrates a Power Greater Than Ourselves at work, earlier on in our Recovery.

Recovery in Narcotics Anonymous does not work with us doing it by ourselves. This is a WE Program, so we need each other in order to Grow and keep Growing Spiritually. Are we working with others? If we've been around for a while, do we have a newcomer in our Lives?

Our Gray Book states, "A great magic is found when we help others. "

◆ IN THIS MOMENT ◆

We will stop working on self by ourselves. We will get out of self by working with others. We will continue to Share this Life Saving Message of Narcotics Anonymous.

November 2

If sharing the pain we have been through helps but one person, it will have been worth the suffering.

— Gray Book, p. 80 (Chapter Five, Lines 1-2)

Who knew that the worst days of our Lives, the hopelessness, isolation and desperation we felt those final days, hours, or minutes, would be our Greatest asset in Helping others. We were beaten into submission. We still needed to Surrender Totally and Unconditionally to Narcotics Anonymous and it's Spiritual Principles.

The pain from the horrors of addiction also served as a positive stepping stone for us. The pain we experienced in our active addiction became the touchstone to our Spirituality. The pain and devastation we felt of our first Total Surrender, would later serve as the bedrock for our Recovery Foundation.

We Helped others as they witness our Admission of powerlessness, over the disease of addiction. We lessen our past regrets when we can help just one person besides ourselves. As we Recover, we see that our Higher Power is our Greatest Source of Strength.

We soon learn that part of Anonymity meant that we don't credit for our Recovery. The Gray Book states, "Being grateful begins when we realize that something other than ourselves blessed us with what we have. " Some of us may not be happy that we became addicts. We hurt a lot of people, including ourselves.

This is the process some of us had to take, to get where we are today. We can now take our Experience, Strength and Hope to Help others.

We can Share Hope for a better future, filled with Serenity and Purposefulness. Our useless destructive past has turned out to be a Goldmine. We keep reaping the Benefits from our past, by Sharing it with others.

◆ IN THIS MOMENT ◆

We shall Share our pains with others in Hope to Help others, at the same time we Help ourselves and not regret the pains of Growth.

November 3

We eventually have to stand on our own feet and face life on its own terms, so why not from the start.

— Gray Book, p. 133 (Chapter Eight, Third paragraph)

"Carry the message, not the mess." That's a motto we try to Live by, another saying is, "If you carry the addict, you will bury the addict. " As active addicts we lived in lies and contradictions. We lied and we're lied to.

When we arrived to Narcotics Anonymous we appreciated the Truth, even if it hurt. Recovery isn't for the Faint of Heart, the sooner we face the problems of everyday Living, just that much faster we can become productive people. Facing the Truth as soon as we can will Help us with our denial.

We had to face some hard Truths after becoming Clean. The "Why Are We Here" chapter in our Basic Text mentions the Three disturbing realizations. We face Reality and put away our blame throwers.

We Accept our woes and ask for Help. We never have to carry our burdens by ourselves any longer.

Today we have a whole Fellowship of people in N.A. Through Practicing a Living Program we learn to Live our Lives with Spiritual Principles. No amount of Recovery or Spirituality will shield us from the pains of Growth.

We learn to Live and Accept Life on God's Terms. Our Higher Power, Sponsors, Fellowship and Narcotics Anonymous will Help us through our trials and tribulations. What we have to do is Trust and continue to have Faith.

Our Program only offers one Promise, Freedom from active addiction. Life still shows up, and we show up for Life. Our struggles become points of references that we don't have to use no matter what.

Our Recovery sometimes may not be Graceful, but we can become examples of God's Power to others.

◆ IN THIS MOMENT ◆

We will not sugarcoat our Recovery process. We will also Share the hard Truth with newcomers.

November 4

”

The full fruit of a labor of love lives in the harvest, and that always comes in its right season

— Gray Book, p. 1 (Forward)

We reap what we SOW. In active addiction, we worked tirelessly to use and find the ways and means to continue using.

What we got was not so rewarding. The results were disastrous for us and others. We were harvesting rotten fruits, if any because it wasn't created or planted with Love. In Narcotics Anonymous, we learn that the Process of Recovery takes a lot of work, a lot of digging, a lot of turning over of old soil.

The Gray Book states, "A meeting is like a fence around our clean time. " We do not only have to achieve Complete and Total Abstinence, but we also have to attend N.A. meetings. Recovery is what happens at our Meetings. Members that Live a Narcotics Anonymous Program carry the Message; newer Members listen to the Message.

When the newcomers start Living N.A. Spiritual Principles, they too can carry a Message of N.A. We're planting new seeds, seeds of Love, Compassion, Empathy and Patience. As a result of Those Steps we Practice These Principles.

A lot of hard work is still ahead of us, Amending the wreckage of our past. Our transformation is always in process.

We start to experience new feelings of Self-worth. We start to show Empathy towards others, and we start to Grow Spiritually. With the Help of our Higher Power, Sponsors and the Fellowship of N.A.

We did the work; we did it with Love. We finally took Responsibility for our Lives, now we're reaping the rewards.

The right season is now upon us. Recovery happens overtime not overnight. We Harvest the Fruits and Share with others this Precious Gift. We Help and show others how to SOW and reap the Benefits when we do God's will.

◆ IN THIS MOMENT ◆

We will reap the Fruits of our Labor of Love. We will give time, time. The full Harvest comes in its right season.

November 5

We no longer feel alone; we have a partner in our Higher Power, who is with us all the time.

— Gray Book, p. 147 (Chapter Nine, Lines 1-3)

One of the exact natures of the disease of addiction is isolation. During active addiction our contact with the rest of the world was under false pretense and shrinking day by day. Some of us couldn't wait to get out of work, so we could go use.

Some of us used on the job.

Sometimes we didn't go to work at all. Eventually, some of us lost our jobs. Many of us couldn't wait to get away from our families; we were usually on our way to go use.

Our minds seemed to be more and more preoccupied with the next time we could use again. We were hardly ever present, either physically or mentally, for our families, friends or employers. At the end we felt alone, we felt the isolation of the disease, and it was killing our Spirit. In Narcotics Anonymous we heard N.A. stands for "Never Alone" and that we didn't have to suffer alone anymore.

We found a place where there were people like us who hit a bottom filled with hopelessness and helplessness and found a New Way To Live. We found that we can tap into a Power Greater than ourselves, that was Loving and Cared for us and was always with us at all times. This Relationship with this Higher Power is one of the greatest Gifts in our Recovery.

Like any other relationship, or partnership, it requires work on our part. We continue this constant, Conscious Contact throughout our Spiritual Journey. The Eleventh Step states that, "We have found that our Spiritual condition is the basis for a successful Recovery that offers unlimited Growth. " We never have to feel alone anymore.

◆ IN THIS MOMENT ◆

We never have to feel alone. We can rest assured that this Power will always be with us, as long as we ask.

November 6

The main objective of Step Seven is to get out of ourselves and strive for achieving the will of our Higher Power.

— Gray Book, p. 49-50 (Step Seven, Lines 36-2)

Humility is a by-product of getting Honest with ourselves. In other words, we don't get humble, humble gets us. We made a Decision in the Third Step to turn our Will and Lives over to the Care of the God of Our Understanding.

With this Decision comes the action to back up that Decision. The Principle of Surrender means we don't resist.

The Principle of Honesty also means that we align our actions to the Truth. In our Personal Assessments we work on removing the old and in with the new. Up to now we've been obstacles in our own Recovery.

The remove and replace Process in Living our Steps and Traditions Help us get out of our own way. We Help clear the path for God to reconstruct us. One of these Truths is that we on our own, cannot Recover by ourselves.

The Principle of Anonymity also means that we need our Higher Power; we need the Fellowship, and we need each other. Throughout our Step Process we learn how to get out of self and work with others. Asking God to remove our shortcomings will Help us get out of the way and let God work through us.

The more we Practice these Principles the less we practice our defects. Some of our shortcomings are removed, some are minimized, as we Practice the opposite of our defects. In Step Seven we open our Spiritual Tool Box and Practice these Principles with the Tools we are given, one of the results is Humility.

◆ IN THIS MOMENT ◆

We will achieve this Humility indirectly by aligning our thinking and our actions over to God's Will for us.

November 7

We who have lived in darkness and horror for so long begin to walk freely in the sunlight of reality.

— Gray Book, p. 39 (Step Three, Lines 33-35)

Our Twelfth Step starts off saying "Having had a spiritual awakening", that signifies that we had a Spirit and it went to sleep. Our Spirits were smothered by drugs and the disease of addiction. The drugs polluted our bodies, minds, Spirits and it twisted our personalities on a deep level.

We became different people from what we were meant to be. We no longer walked in the Sunlight of Reality, we walked in the darkness and lived in fantasy. We lived with the horrors of addiction and it was killing us, first our Spirits, and then eventually it would kill us.

Our Gray Book states, "What we knew about living when we got here had almost killed us." We first had to Learn about Honesty and Surrendering to the Spiritual Principles of Narcotics Anonymous. Other Members told us that we needed to be Opened- minded for us to Learn a New Way To Live. We needed the Spiritual Principle of Willingness to take the action needed to secure our Recovery and Help other's Recover.

We Share with new members what worked for us, and what didn't. This is the HOW of our Program.

Narcotics Anonymous brings dead people back to Life. Living the Steps Awakens our Spirits and brings us toward this Sunlight of Reality. Narcotics Anonymous and it's members serve as a beacon to Help Guide other suffering addicts to this new Reality.

◆ IN THIS MOMENT ◆

We will Help Guide others to the Light of Recovery, where their Spirits can Awaken, as ours did.

November 8

Do I believe it would be insane to walk up to someone and say, "Would you please sell me my own death--on the time plan?"

— Gray Book, p. 34 (Step Two, Lines 14-16)

If anyone of us has a problem with the word insanity, all we have to do is think back in all the times we used drugs against our will. We just have to think back at all the things we did to continue using drugs. All the dangers we put ourselves and loved ones in, just to get that one more. Looking back there's no denying that we were slowly committing suicide and in some extreme cases, homicide.

Day after day even after knowing the results of our using, we still continue to pick up once again and started the deadly cycle all over again. Few can actually argue that we were acting insane. There's another death we suffered that was worse than a physical death, it was the death of our Spirit. We hurt ourselves and others.

Whatever the case we were committing a slow suicide. By the time we approached Step Two, most of us hadn't had a problem with the word insanity.

Some of us still had the obsession to use, some went back to using. This is insanity at its best. Recovery in Narcotics Anonymous grants us a Daily Reprieve from this insanity.

Recovery in Narcotics Anonymous is not only about Freedom from active addiction. The N.A. Program also offers a Spiritual Awakening with each Step taken.

The Spiritual Principles when Lived, offer unlimited Spiritual Growth. What we have to do is Surrender Daily and Practice a few simple Spiritual Principles in all areas of our Lives. Each day We Do Recover from the thrones of addiction.

We are a Vision of Hope.

◆ IN THIS MOMENT ◆

We will recognize the insanity of the disease we Lived in. Today, through applying the Second Step we will Gradually be Restored to Sanity.

November 9

It is the action that is important, not the result. We leave all results to God.

— Gray Book, p. 142 (Chapter Eight, Lines 18-19)

How many times at meetings we hear that if we want to make God laugh, make plans. This doesn't mean that we stay idle and don't take any actions.

In our active addiction, we functioned through default. Most decisions were made for us, by others, and by the drugs. Our Third Step asks us to make a Decision.

This Decision is based on the evidence we experienced with the Power Greater Than Ourselves we met in the Second Step. The Third Step is the bridge into Sanity. We experienced the results of our actions, in the Program, and they were Good.

Our doom and gloom were replaced by Hope, and our Hope turned into Faith by our actions. Like turtles, we can only make progress by sticking our necks out of the shell. In this journey, we take Healthy risks based on the positive evidence in our Lives and in the Lives of those around us.

We participate in our Lives and leave the results up to the God Of Our Understanding. Our Gray Book states, "With each meeting we attend, seeds planted in earlier meetings are watered until we can see them grow to harvest. This harvest is a form of spiritual growth. " As we begin to Trust, our Faith Grows.

We are released from that paralyzing fear we've known before we came to Narcotics Anonymous. We Trust God and Narcotics Anonymous with our Lives. We now make Decisions based on Principles, and we Believe in our Hearts that all will be well.

◆ IN THIS MOMENT ◆

We will make right choices, based on Spiritual Principles. These choices will be backed by the Faith we have found in Narcotics Anonymous.

November 10

We were frightened and ran from the fear, but no matter how far we ran, the fear followed us.

— Gray Book, p. 25 (Chapter Three, Lines 5-7)

Fear dominated us all our lives, most of our actions and reactions were feared based. As addicts, we lived our lives without Faith, without a working Relationship with God or a Higher Power, without a safety net. It's no wonder that when we fell, we fell hard.

Most of our decisions were based on false evidence appearing real, which is the acronym for F.E.A.R. The part that was real we could do little or nothing about.

We were victims of ourselves. We were trapped in our portable self-made prisons and could not escape. Our Gray Book states, "The peculiar inertia that keeps a person going the way they are, acted on us. " Many of us spiraled downward out of control.

Hopelessness and helplessness became our way of life. Not until we arrived to Narcotics Anonymous did the negatives in our lives turn to Positives. Recovery in Narcotics Anonymous teaches us a new acronym for fear can mean; Face Everything And Recover.

Surrendering to the Spiritual Principles of Narcotics Anonymous, our fear turns to Faith. When we fall today, our Higher Power serves as a safety net to catch us gently. Going through and Living the Steps of Narcotics Anonymous our Lives are no longer dominated, or ran by fear.

Our Step Four reminds us that fear is lack of Faith. Later on in Chapter Nine it also tells us that worrying is also a lack of Faith.

It doesn't mean they both can't exist together. It means that lack or the level of one can influence the other. Today with the Help from the God of Our Own Understanding, Sponsors and the Fellowship of Narcotics Anonymous, we no longer have to run from anything, including ourselves. Today we can Face Everything and Recover.

◆ IN THIS MOMENT ◆

Fear has a different meaning. We can Live just for This Moment. Our fears subside by having Faith (Feel. As. If. There's. Hope.).

November 11

The only price is to quit fighting, surrender quietly and let the God of our own understanding take care of us.

— Gray Book, p. 40 (Step Three, Lines 4-6)

One of our predecessors wrote that; "there's no substitute for Surrender. " Our experience is that neither medicine, knowledge or religion can take the place of a quiet Surrender. A Complete and Total Surrender means we no longer have to fight people, places and things. Our Third Step asks us to Trust the Higher Power we met in the Second Step, with our Lives.

Our Decision to keep coming back to NA wasn't made because of fear. It wasn't made because our families or the law was on our backs.

We made this Decision with our Hearts. We experienced enough evidence that this Program works, and we wanted more.

We do whatever it takes, to let the God Of Our Own Understanding Care for us and Guide us in our Recovery. This calls for a deeper Surrender than we did in Step One. This Decision was based on Faith; we weren't beaten into submission, like in the First Step.

We replace self-defeating behaviors with behaviors that Help builds our Self-esteem. We learn to turn our thinking and actions over to the Care of God as we Understood Him. The longer we are in Recovery and Live the Spiritual Principles of Narcotics Anonymous, we find that it is the easier softer way.

Although it's not always Graceful, at the end; we Surrender to Win, we walk over to the winning side. When we Surrender quietly to the Will of our Higher Power, we find that God's Will for us becomes the very same things we want for ourselves.

◆ IN THIS MOMENT ◆

We will try the last thing we tried, first. We will not resist, in essence we will Surrender.

November 12

"If we are not first honest with ourselves, we can't be honest with others."

— Gray Book, p. 148 (Chapter Nine, Lines 29-30)

It's no coincidence that one of our first Principles in Narcotics Anonymous following Total and Complete Abstinence, is Honesty. This Journey of Recovery starts by getting Honest with our using, with ourselves, God, and with others. This Journey of Recovery in Narcotics Anonymous starts with the First Step.

It begins with Admitting with our lips and our actions, that's our Admittance to N.A. Our actions must align to the Truth, that's Honesty in Action.

We Grow by Practicing this vital Spiritual Principle of Honesty. We are able to Share our Truths and get Honest with others.

The Spiritual Principles of Narcotics Anonymous deepens with each Step we Live. The cash register Honesty we started off with in our First Step, takes on a new meaning. This deeper meaning of Honesty means that we Practice these Spiritual Principles in every area of our Lives, not just the not using.

Honesty and Surrender deepen even more as we progress in the Steps and Traditions. This Foundation will be based with the unlimited Growth that our Lives are built on. When we Honestly tell our story and Share our Recovery with others, in Narcotics Anonymous, we are able to Help those who seek Recovery. As we get more Honest with ourselves, we Grow and get more Honest with others. That's when the Principle of Empathy, " in which we can feel time, touch reality and recognize spiritual values long lost to many of us, " has its beginning.

◆ IN THIS MOMENT ◆

We will Share our experience and an Honest N.A. Message of Recovery. We will not cloud our Message with opinions and untruths.

November 13

We are not going to be perfect. If we were perfect, we would not be human.

— Gray Book, p. 43 (Step Four, Lines 11-12)

We as addicts thought we needed to be perfect in everything we did. Since we thought we would fail, sometimes we didn't even try. We looked at mistakes as failings, so we never learned from them.

We continued repeating the same mistakes over and over. We became extremist, it was either black or white, there was never any gray area in our lives.

Fear dominated our lives, once again. Lack of Faith became our default in all our work. Our Gray Book defines insanity as, "poisoning one's self for no apparent reason." The Basic Text reminds us that making the same mistakes over and over; and expecting different results, was a form of insanity.

In Narcotics Anonymous, we learn from our mistakes; we learn that Sanity meant we could make new mistakes. As we progress in Living the Steps, we Accept ourselves as we really are. We also Accept what we're lacking and work on that.

We accept ourselves and others as just being human. We Accept ourselves with all our flaws, we learn to Accept others with all their faults. Our Gray Book says, "We are trying to achieve adequacy, not perfection." God Forgives us in Step Seven, as we Humbly ask for our shortcomings to be removed.

We Forgive others and ourselves, for all the harm we caused in Step Eight. We extend the same Forgiveness we ask for ourselves, from our Higher Power, to others. We learn to be Patient with ourselves.

We give ourselves and others a break.

◆ IN THIS MOMENT ◆

We will not strive for perfection. "Adequacy can be achieved, but perfection cannot." We will allow ourselves and others to be human.

November 14

Sharing enables us to return to the realm of human experience

— Gray Book, p. 69 (Step Twelve, Lines 1-2)

Active addiction isolated us from the rest of the world. The longer we used, the smaller our world got. After some time, for some of us, our only contact with others was to use and find the ways and means to use more.

Our world shrank, and we weren't Sharing anything with anyone. We were cut off from this human experience of Sharing thoughts and feelings with another human being. Most of our actions were motivated by our using and no one knew how we felt or what we were going through. Coming to Narcotics Anonymous is described by some as a coming home.

We were Greeted with a hug and were told to keep coming back. We were finally rescued from that sea of isolation.

We found people who we could Identify with. We began to listen to others Share a Message of Hope and the Promise of Freedom.

We began to feel the magic of Empathy. We started Sharing both good and bad feelings. As we Shared with others, we began to feel part of.

We began to feel human again; a feeling that we long-lost by active addiction. By our Positive actions and Practicing Spiritual Principles, we began to define and shape our Recovery. With the Guidance and Help from the God of Our Own Understanding and the Fellowship of N.A. we start to Grow. We became part of a Fellowship, and our Recovery started to Flourish.

We began to Share with others from this experience. We keep this Precious Gift as a result.

◆ IN THIS MOMENT ◆

We will become part of something Whole. We will, through Practicing a Living Program, have a Relationship with Reality. We begin to mature Spiritually.

November 15

I can't solve my problems and I ask you to take care of me and show me how to live.

— Gray Book, p. 38 (Step Three, Lines 28-29)

We see the evidence of a Power Greater than ourselves working in our Lives; and in the Lives of others. This evidence resulted in Faith, not blind Faith either. We develop Trust in this Step.

We begin to rely on this Power in our decision-making process. Asking for Help from our Higher Power becomes our Greatest Source of Strength. We made a Decision in the Third Step to turn our Wills (which is our thinking), and our Lives (which is our actions) over to this Power we tapped into in the Second Step. The Third Step is the Bridge to Sanity. We gain Faith as we cross over to the winning side.

This Higher Power, which some of us call God, is what makes our Recovery possible. A deeper level of Surrender is what's needed.

Whenever we need to, we can ask this Power to Guide our thoughts and actions during the day. This short Prayer, at the beginning header, is so simple that we can use it whenever we need to. The Spiritual Principles of Narcotics Anonymous does not shield us from pain. There will be the pain that leads to Spiritual Growth.

This type of pain is less self-inflicted. Narcotics Anonymous has been referred to as a Program for Learning.

Most of the time it's a Program of unlearning. Talking to our Higher Power confirms that we Truly believe that we can't do this on our own. Day by day our Faith increases as we experience this Power at work.

Our Surrender has to be followed by actions to be effective.

◆ IN THIS MOMENT ◆

We will say these simple words whenever we feel stuck. We will ask for Guidance as we work on the Solution.

November 16

The main objective of Step Seven is to get out of ourselves and strive for achieving the will of our Higher Power. Our will didn't work.

— Gray Book, p. 49-50 (Step Seven, Lines 36, 1-2)

As addicts, we became our own worse enemy. For years, we locked ourselves up in our own self-made prisons. Against our will we let our disease out to control our Lives.

Needless to say, we made a real mess of our Lives. Active addiction became a destructive force in our Lives and in the Lives of others. Our will was detrimental to Life itself.

Our best made plans was the Admission to Narcotics Anonymous. After arriving to Narcotics Anonymous, we realized that most of our pain was self-inflicted. In Narcotics Anonymous we're introduced to a Spiritual Program.

The Program laid out a blueprint for Living and a road-map for Recovery. We became Aware that we were the hindrance for a Higher Power to work in our Lives. The First Three Steps removes us out of the way.

We now had to take further Steps to make God, as we understood it, an action figure in our daily Lives. We had to Surrender Totally and Completely to the Spiritual Principles of Narcotics Anonymous. We Practice Honesty by Aligning our will and our Lives to our Higher Power's Will. Asking for Help resulted in Humility.

We were no longer our own obstacle. Being Human we will, of course, wander.

We ask the God of Our Own Understanding, to Forgive us when we fall short. Humility keeps our feet on this Spiritual Path. Our Third Step reminds us that our Decision to ask for God's Help is our Greatest Source of Strength and Courage.

◆ IN THIS MOMENT ◆

We will get out of ourselves. We will let the God Of Our Understanding, and the Spiritual Principles of Narcotics Anonymous, work in our Lives.

November 17

Addiction is a feeling disease.

— Gray Book, p. 121 (Chapter Seven, Line 5)

As addicts, we used over feelings, yours and mine. We used not to feel certain feelings, and we also used to feel other feelings.

We got loaded to change what we were feeling at the moment. Drugs helped us bury our feelings. Little did we realize that when we buried our feelings we buried them alive.

Drugs that were once our solution, are now part of the problem. The good news in Narcotics Anonymous is once we stop using drugs, we get our feelings back. The bad news is that when we stop using drugs, we get our feelings back. In our Recovery we learn that feelings are not facts, but it's a fact that we have feelings.

The Steps help us sort these feelings, separating the real from the imagined. We learn that feelings are just signals that are trying to tell our Body, Mind and Spirit something. Our Literature tells us that the Steps are not designed to numb us like the drugs did.

Through working and Living the Steps we find out what these feelings are trying to tell us. The Steps make us Aware of the things we have to address. When our feelings stop overwhelming us, we can learn to be part of the Solution.

We Empathize with others as we learn from our feelings. Today we sometimes just feel our feelings; we will not label them neither good nor bad. Today working a Living Program we Understand what our feelings are showing us.

We then can take the action to work on the Solution.

◆ IN THIS MOMENT ◆

We realize that for the most part, our thinking and feelings define our disease. It's our Positive Actions, and the Practice of Spiritual Principles, is what defines our Recovery.

November 18

The thing we do is check for the surfacing of defects early on by working Step Ten daily.

— Gray Book, p. 55 (Step Ten, Lines 34-35)

The Tenth Step asks us to continue taking our daily personal inventory and promptly admit when we were wrong. The reason we take our personal daily inventory is to prevent the corrective part of this Step. As addicts, we sometimes don't know when we are wrong; we have to work this Step to find out.

We have to examine our actions and reactions. We have to monitor our emotions, feelings and fantasies throughout the day.

When we fall short, we have the opportunity to make the corrections and start our day over again. We can also feel good about our Recovery when we Practice our Spiritual Principles and feel good about ourselves. We show our Gratitude by Thanking God in quiet moments.

At nighttime before bed, we can recall our day and all our interactions with others. After taking our inventory, we are able to see where we fell short.

We can decide if any amends need to be made. If we Practice Spiritual Principles in all our affairs, we will falter less. Overtime, by working Steps and having a constant Conscious Contact with our Higher Power, we are able to see ourselves coming. The Tenth Step has a negative reputation because it addresses being wrong and making Amends.

The Tenth Step is also asking us during that inventory, to look at our Assets and to Practice them in our daily affairs. This daily Practice of our Assets and Spiritual Principles make us better people.

◆ IN THIS MOMENT ◆

We will Practice the Spiritual Principles of Narcotics Anonymous in our attitudes and behaviors, in doing so, some of our defects can be minimized, and in some cases removed.

November 19

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the addict would find from the start as much identification as each needed to convince himself that he could stay clean, by the example of others who had recovered for many years.

— Gray Book, p. 133 (WE DO RECOVER, First Paragraph)

For many years addicts were dying, unnecessarily, from the disease of addiction. Addicts had no where to go, except for jails and institutions.

It was illegal for addicts to assemble or meet in public, even for the sake of Recovery. Many of us were forced to go to other fellowships or other places, for the sake of Recovery. Our identification as addicts was still not met, many of us continued to die.

Our disease is one of feelings and emotions, not the symptom, which is the use of drugs. When Narcotics Anonymous was started, addicts finally found somewhere they could identify with others. This identification was what made our Recovery possible.

One of the most powerful statements a newcomer can hear at Narcotics Anonymous meetings is the powerlessness and Surrender to the disease of addiction, from another addict. The First Chapter in the Basic Text; Who Is An Addict, talks about our first identification comes from our Life being centered in drugs. The powerlessness and unmanageability, the Living to use and using to Live.

The identification of the feelings from hopelessness and the isolation that came next. After seeing people like us staying Clean and finding a New Way to Live, we start to experience Hope, a Spiritual Principle long-lost for so many of us. We finally felt that we no longer had to use, we also, like so many, could stay Clean.

We finally found a place where we felt we belonged. We learned about the Spiritual Principle of Empathy, "That wordless language of recognition, belief and faith." For us, Empathy means, your pain in my Heart. As others Shared their Experience, Strength and Hope with us, we nodded our heads in approval and said, "Me too. " We finally were home.

Isolation which is at the center of our disease, began to disappear.

We became a part of a Whole. Our Basic Text says, "We become fully whole and wholly free. "

◆ IN THIS MOMENT ◆

We will learn to identify and not compare with others. We will serve as examples of the Power that keeps us Clean. We share this Divine Gift, with all those who come after us.

November 20

We weren't focused on the fulfillment of life, but on the emptiness and worthlessness of it all.

— Gray Book, p. 135 (Chapter Eight, Lines 2-3)

Our literature says that addiction is an enemy of life. When we were using, we were slowly committing suicide, and we couldn't help it. Our Lives had become an exercise in survival, but we were also killing ourselves at the same time.

We sought no Solution that worked. We blamed everyone and everything for our condition.

We saw no way out, so we used drugs to cover up our feelings of failure. We were trapped in an endless cycle with no end in sight. After Surrendering to the Program of Narcotics Anonymous, and tapped into a Power greater than ourselves, our Lives began to have meaning.

We no longer were just surviving or existing. We actually found something to Live for, ourselves. We started to see that staying Clean was paying off.

We started to feel Hope, as we were released from our self-made prisons. We were doing more than just existing, we were finally Living. Each day we didn't use we saw that our Lives were worth Living. In practicing the Spiritual Principles of Narcotics Anonymous, we began to gain selfworth and our Faith grew as a result.

We became the people we were meant to be all along. In Living the Program, our Lives became full and Fulfilling. We show our Gratitude by Sharing and Caring with others the N.A. way.

◆ IN THIS MOMENT ◆

With the Help of N.A. and the God of Our Own Understanding, our Lives will be worth Living. No longer are our Lives just an exercise in survival.

November 21

Having decided we want God, as we understood Him, to relieve us of the useless or destructive aspects of our personalities, we have arrived at the Seventh Step.

— Gray Book, p. 48 (Step Seven, Lines 12-14)

Defects are the tools of the disease; they helped us survive our addiction. Now in Recovery, we're different people, who found a New Way To Live and no longer need these old tools in our New Life. Working and Living the Steps with our Sponsors and the God Of Our Understanding, we are ready to rid ourselves of these useless traits; that are now causing others pain and us. These defects of character that can lead to shortcomings, have no purpose in our Recovery. The Seventh Step in Narcotics Anonymous offers us a Spiritual kit.

These new tools will replace the old tools, and we start to feel some relief. We replace the old with the new and our defects start to subside, or at least less present in our Lives by Practicing Spiritual Principles. Either way they stop causing others pain and us.

We are able to start building a New Life. We become a Power of example to others. We start to see glimpses of God's Will for us.

We experience moments free of defects that drain us of time and energy. We experience some moments of Serenity, and this gives others Hope and us.

Step Seven like all the others, is an Action Step. We continue Practicing the Spiritual Principles of Narcotics Anonymous in all areas of our Lives.

◆ IN THIS MOMENT ◆

We will seek relief from our defects. We will with the Help of God, our Sponsors, and N.A. replace our old survival skills with New Living skills.

November 22

As long as we preserve our clean time we enjoy the greatest possible advantage over our disease.

— Gray Book, pg. 125 (Chapter Seven, Lines 28-29)

Our Gray Book tells us that, "A meeting is like a fence around our clean time. " It keeps positive things inside, and it also keeps the insanity of active addiction out. Like anything else that needs to flourish, it must remain fertile. Abstinence from all drugs is how Recovery becomes possible.

We cannot Recover if our minds and bodies are still clouded with drugs. A lot of our compulsions are relieved by remaining Clean.

The obsessions which are part of the disease of addiction still permeate in our Lives. As long as we don't use drugs, we can use the rest of the Steps to Grow Spiritually. The disease of addiction affects every area of our Lives.

Recovery has to be more than physical Abstinence. The disease of addiction affects us mentally and Spiritually as well. Working and Living the Spiritual Principles of Narcotics Anonymous preserves our Clean Time and makes the other stages of Growth in our Recovery possible.

Besides Freedom from active addiction, Narcotics Anonymous offers a Spiritual Awakening with each and every Step Lived. Even though addiction is an incurable progressive disease, we can arrest it just for that day by remaining Clean. With Total and Complete Abstinence, we still have an advantage over the disease.

Our Higher Power, the N.A. Steps, Traditions, Sponsors, Meeting attendance and the Fellowship allow our Recovery to Flourish. Our Recovery can offer us Spiritual Unlimited Growth, if we Practice a Daily Living Program.

◆ IN THIS MOMENT ◆

Our Clean Time will preserve our Recovery, in turn our Recovery, will preserve our Clean time.

November 23

The release by letting go and letting God helps us develop what works here and now.

— Gray Book, p. 38 (Step Three, Lines 32-33)

When soldiers surrender in battle, the first thing they do is stop fighting. Then they let go of whatever they are holding in their hands.

They hold their hands up and wait for further instructions and direction. In Narcotics Anonymous we are told, "Let Go and Let God.

Both are an act of Surrender. The First Step was a forced Surrender, we were beaten into submission by the disease. We then Surrender to the Spiritual Principles of N.A., In our Second Step. The Third Step asks us to make a Decision, to let the God Of Our Understanding take Care of us.

What we have to do is let go of whatever we are holding on to, so we are able to receive what the God Of Our Understanding is trying to hand us. Lack of Trust and fear of the unknown is what kept us trapped in the past, and nervous about the future. Today we shouldn't forget to Trust the Power that got us Clean in the First Step. We should Trust that Power that relieved our obsession to use and kept us Clean in the Second Step.

We must remember that this same Power is still here with us in our Third Step. This Power we can call God, will continue to Help and Guide us on our Spiritual Journey. Today we will Practice Faith by letting go of what is troubling us today.

We will learn from our past and present mistakes. We will Trust that whatever is troubling us, "In This Moment", will be our greatest teacher. We can also let go of what's affecting our Recovery in a negative way.

◆ IN THIS MOMENT ◆

We will Practice "Letting Go and Letting God", Just For Today, In This Moment.

November 24

Separation from the atmosphere of recovery and the spirit of service to others slows our spiritual growth and can threaten relapse.

— Gray Book, p. 156 (Chapter Ten, Lines 28-30)

It's ironic that Spirituality is one of the last things we receive in this Program, but it's the first thing we lose in the relapse process. For us, using drugs is the last thing we do in the relapse process.

We get high at the end of a relapse. Complacency can be one indicator that the relapse process already started.

We miss meetings because of work or other reasons that are only possible because we are now clean. We forget that we only get a Daily Reprieve from active addiction. That Reprieve is only possible through Daily Practice of Spiritual Principles.

Narcotics Anonymous is a twenty-four-hour Program, and we are only as good as our last Meeting, Step or Principle. The disease convinces us through priorities that Recovery comes second or even last. We need to Practice the Principle of Surrender by the physical act of attending Meetings, Sharing with Empathy, serving others, calling our Sponsors, working Steps and Practicing these Principles. Just doing one or two of these things might keep us clean, but remember, we are Clean right before we use drugs, so being Clean can't be the only point, either we Grow or we go.

Recovery is a Journey, not a destination. Recovery is an Uphill Journey, and we can easily slip backwards if we don't keep it moving. Recovery in Narcotics Anonymous is a process, but so is relapse and this one you don't have to work on; it's always happening even while we are Clean.

◆ IN THIS MOMENT ◆

We will continue to renew our Recovery daily by physical, mental and Spiritual acts of Surrender.

November 25

The Eleventh Step helps us, in the face of a problem, to be aware of God.

— Gray Book, p. 58 (Step Eleven, Lines 10-11)

One of the first Fruits of the Eleventh Step is Emotional Balance. Seeking God's Will for us through Prayer and Meditation, is an act of Faith. What we are saying with our actions is that we cannot Recover by our own accord.

We need to Humbly seek Constant, Conscious Contact with the God Of Our Understanding. We first have to Practice being calm.

Calm is Trust in action. We clear the thoughts that have been causing us turmoil by breathing and remaining still. Next, we Trust the God Of Our Understanding will supply us with the Power to overcome our problems and the Strength to seek a Solution. Our Basic Text says, " that our spiritual condition is the basis for a successful recovery that offers unlimited growth.

This act of Faith restores our Hope and makes us really internalize that we're not alone. We see and feel God's presence and start to experience God Consciousness.

We intuitively know that all will be well no matter what happens. We are only Responsible for the action of the Solution, and we leave the results to our Higher Power. Our Gray Book states, "It is important we keep faith and renew it through daily prayer." We quickly recall again that if we're not the problem, there's no Solution.

We Surrender quietly and let the God of Our Understanding Care for us.

◆ IN THIS MOMENT ◆

We will show Trust by remaining calm in the midst of the storm. We finally Believe in our Hearts and Spirits, that all will be well.

November 26

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A lot happens in one day, both negative and positive, and if we don't take time to appreciate both, chances are we will miss something that will help us grow.

— Gray Book, p. 147 (Chapter Nine, Lines 24-26)

As using addicts, a lot happened to us in one day. Most of it was negative, and most of it was self-inflicted.

In the past, we never learned from our mistakes. We continued to repeat the same mistakes expecting different results. In some cases we knew what the results would be.

When something positive happened to us we felt unworthy, so we didn't take time to appreciate it. We lived with the doom and gloom. We waited for the other shoe to fall off.

After arriving to Narcotics Anonymous and started adapting our Lives to the Program, we began to experience Life both the negative and positive; this time Clean. We heard from our predecessors that when we stop using we would feel better. They were right, we felt everything better; we felt anger, fear, remorse, guilt and shame better.

We no longer had the drugs to numb us. However, we also felt Hope and Freedom. Some of these feelings were long-lost to many of us.

What we experience, through Living the Spiritual Principles of Narcotics Anonymous, is that we can learn from both experiences. We now could appreciate the negative because we can learn valuable lessons from it. We also learn to appreciate the positive because now we feel worthy of it and use it as a Touchstone to Reality.

This Relationship with Reality becomes our Spirituality. In Narcotics Anonymous, we Share this Precious Gift of Recovery and Awareness with one another. We Share that we don't have to use no matter what we're going through.

We learn to survive our feelings and use our experiences as reference points for Growth. We Grow from each experience. We Share the Message of Hope and the Promise of Freedom from active addiction with others in and out of Narcotics Anonymous.

◆ IN THIS MOMENT ◆

We will learn that everything passes. We appreciate both negative and positive experiences. We will learn from them and Share our feelings, thoughts and Solutions with others.

November 27

At these times in our recovery, the Third Step is our greatest source of strength and courage.

— Gray Book, p. 39 (Step Three, Lines 20-21)

Our Third Step says that as using addicts we turned our Will and Lives over many times to a destructive power. The result of that power left us in a hopeless state, to say the least. Now in Narcotics Anonymous we're asked to turn our Wills and Lives over to the Care of a Loving Power that will Guide us and will serve as force for Good.

As we grow to Trust this Power, we can see the evidence of that Power in our Lives and the Lives of others. Tapping into this Power in the Second Step makes our Recovery possible. This Power Greater Than Ourselves gives us the Strength and Courage to work the Steps and Practice these Principles in our Daily Lives.

This same Power can offer relief in times of stress and turmoil. There are times in our Recovery where no amount of Spiritual Awareness will relieve the pain of losing loved ones, suffering through health issues, or financial difficulties. However, this Power will be there for us in our times of need when no one else, or anything else is sufficient.

The Eleventh Step tells us that we can grasp the limitless Strength provided by Prayer and Meditation. Through this Constant, Conscious Contact, the answers we seek will come to us. When we forget where our real strength lies, we're quickly subjected to the useless patterns we followed before we came to Narcotics Anonymous.

◆ IN THIS MOMENT ◆

We will remember where our real Strength lies. We will utilize this Power, by allowing it to Guide all our actions.

November 28

We are trying to achieve adequacy, not perfection; for perfection is a divine quality.

— Gray Book, p. 50 (Step Seven, Lines 7-9)

One of the Spiritual Principles we receive from working and Living the Steps and Traditions is Humility. Humility comes from the word human, to be human is to err.

If we didn't make mistakes, we wouldn't be human. In Narcotics Anonymous we try to achieve adequacy, not perfection. The disease of addiction had us trapped in the idea that we had to be perfect.

Many of us wouldn't try anything new because we thought we would fail. Failure became the stumbling block that kept us from actually learning to take healthy risks. Afraid of the unknown and dominated by fear, we retreated to our distorted security in familiar pain.

In Narcotics Anonymous by working Steps we learn it's OK not to try to be perfect. Steps Five through Seven teach us that it's OK to be ourselves; it's OK to be human. Steps One, Two and Three shows us that we're not God, and we can stop trying to be God, that job is already taken.

We let go and let Him. The result is that we become ourselves; we become human, perfectly imperfect. Perfection is a Divine quality of our Higher Power, we are never going to be perfect. Through Living the Steps, we reach a point in our Recovery that our true value is just being ourselves, with all our flaws.

It's OK to be human and learn from our imperfections.

◆ IN THIS MOMENT ◆

We will stop trying to reach perfection. We will strive for Adequacy and Self-Acceptance. In turn, we learn to Accept others right where they're at.

November 29

Now we have learned that we can, and must, go to our Higher Power for help in solving problems.

— Gray Book, p. 80 (Chapter Five, Lines 32-33)

In active addiction, we depended on the drugs for all our answers. The drugs we used numbed our feelings.

Drugs were our Solution for a long time. After some time instead of solving our problems, we were actually creating new ones on top of the original problems. We had no control over this deadly dependence; we were powerless.

We were actually slowly committing suicide. Our Gray Book states, "The progression of the disease was not apparent to us. " The wreckage of our path was obvious after we had stopped using. We needed relief and drugs, people, doctors, religion and other institutions could not provide a solution.

In desperation, we sought Help through Narcotics Anonymous. We sought relief, but first we needed an Unconditional Surrender.

We first Surrendered to the disease, then we Surrendered to the Principles of Narcotics Anonymous. Surrender can only be achieved through a Total and Complete Abstinence from all drugs. Working and Living a Spiritually based Twelve Step Program, we found that our Higher Power not only offered relief; but also blessed us with the Spiritual Awakening that the Principles offered. We could Live by Simple Spiritual Principles and Practice them in every area of our Lives.

Our Gray Book says, "The most important thing about them is that "They Work. Today we have a Source we can turn to.

We have a force for Good that works in our Lives. We continue to seek this Conscious Contact by Prayer, and we use Mediation to Achieve this Contact.

◆ IN THIS MOMENT ◆

We learn that we on our own, can't Recover. Along with our Sponsors, Narcotics Anonymous and our Higher Power, we can.

November 30

Spirituality and sharing is the essence of our recovery.

— Gray Book, p. 129 (Chapter Seven, Lines 4-5)

Spirituality has been described, by one of our Predecessors, as having the right Relationship with Reality. In active addiction, we didn't have right Relationships, never mind any with Reality. The disease of addiction is the Great isolator.

Addiction isolated us from our feelings; it isolated us from everyone and everything, every chance we got. Isolation is one of the exact nature's of the disease. Our world, which once was so full and big, became smaller and smaller because of our active addiction.

The Gray Book says that, "This loneliness will kill us inside and the drugs which always comes next, may do the job completely. " Narcotics Anonymous offers us a Fellowship with a Twelve Step and Twelve Tradition Program. Practicing a Living Program frees us from our self-made prisons. N.A. offers us a Total Spiritual Awakening filled with Unlimited Spiritual Growth.

Through Sharing our Recovery with others in Narcotics Anonymous; we are able to keep this Precious Gift. In Narcotics Anonymous, we learn to have a right Relationship with God, ourselves, others, and the world. This is our Reality; this is our Spirituality.

As we continue on this Spiritual Path, we will come in contact with addicts that are still suffering from the disease of addiction. We Carry the N.A. Message and Share our Experience, Strength and Hope, so no addict need ever die from the horrors of addiction.

This is also part of our Spirituality.

◆ IN THIS MOMENT ◆

We will continue our right Relationship with Reality. We will continue Sharing this Precious Gift with all who seek it.

December 1

We now know if we pray to do God's will, we will receive what's best for us.

— Gray Book, p. 58 (Step Eleven, Lines 14-15)

The Eleventh Step in Narcotics Anonymous tells us that Prayer carries a certain Responsibility. This Step asks us not to Pray for specific things or results, when we're Praying. This Step tells us to Pray for God's Will for us and the Power to carry that Will out.

In active addiction, some of us used fox hole Prayers for specific results. In Narcotics Anonymous some of us still find ourselves Praying for specific things or specific results. We can find ourselves still using God as a cosmic bellboy.

This is not the purpose of Step Eleven. Some of us only Prayed and didn't Meditate.

Meditation Achieves this Contact, many of us didn't wait for the answer. We blamed God when the results weren't what we Prayed for or when we got what we Prayed for and didn't expect some side effects that came with the results. Praying for God's Will for us can almost guarantee that we will receive what's best for us and others. In the Third Step we made the Decision to turn our Will and Lives over to the Care of God.

In the Eleventh Step we reaffirm this Decision. We Trust the God Of Our Understanding knows what's best for us.

We increase our Faith by aligning our actions with that Will. We learn that God's Will consists of the very things we want for ourselves. We then see that our Greatest Source of Strength comes from our Higher Power. The results can be seen in our Emotional Stability and in the way we Live.

◆ IN THIS MOMENT ◆

We will continue to have a Constant Conscious Contact with God. We will Pray for God's Will for us. We will use Meditation to Listen for His answer.

December 2

We can stay clean by going to a meeting when we feel we do not want one or need one.

— Gray Book, p. 128 (Chapter Seven, Lines 5-7)

When all else fails, we can always not pick up and go to a Meeting. This physical act of Surrender keeps us Clean, saves our Lives, and makes Recovery possible. Some members say that the best time to go to a Meeting is when we don't want to go.

Even though the Steps are written from top to bottom, One through Twelve, we Recover inversely from our feet up. We start developing Smart Feet, by attending Meetings; that's part of our First Step. We have to bring our bodies and after time our minds will follow.

Spirituality is one of the last things we receive in the Recovery process. Ironically, Spirituality is the first thing we lose in a relapse process.

The Step Process reverses, at this point. We can find ourselves thinking that using is a good idea.

The disease talks to us in a voice we don't talk back to, our own. The disease fools us into thinking that we don't need a Meeting today. It makes us shift our Priorities from Recovery and Meetings, to work and family.

Some of us forget that we only have those Gifts because of Recovery and Clean Time. Our Second Step tells us that it's the process of coming to believe that restores us to Sanity. The Second Step treats the mental illness part of our disease, by relieving our obsessions. It's the actual action of going to Meetings and Sharing the Solution to the problem. We get Hope when listening for the Solution as other members Share their Experience, Strength and Hope. Just For Today we have to ask ourselves; "Is Recovery in Narcotics Anonymous still number one or is it somewhere in the top forties this week?"

◆ IN THIS MOMENT ◆

We will perform a physical act of Surrender by attending a Meeting. This is the Spiritual Principle of Honesty in Action.

December 3

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We decide what our priorities are and envision life free from defects.

— Gray Book, p. 48 (Step Six, Lines 3-4)

As using addicts we depended on our defects for our existence and survival. Our defects were the tools of addiction.

They served their purpose in that way of life. In Narcotics Anonymous, we are doing more than just existing and surviving. Through working and Living these Steps, we are finding a New Way To Live.

Practicing the Spiritual Principles of Narcotics Anonymous, we render these defects useless. Step Five tells us that the masks have to go. There's much work to do after we stop using drugs.

That phrase we hear in our Meetings, "don't use no matter what" becomes, "don't use now what?". When we stop using, it's just the beginning to the end of that way of life. Practicing the Spiritual Principles of Narcotics Anonymous is the beginning of a New Way of Life.

One of our first priorities is to achieve and maintain Complete and Total Abstinence. Our Gray Book states, "The program doesn't work when we adapt it to our life, we have to adapt our life to the program. " When we Practice these Spiritual Principles in our Lives, our priorities change. We are no longer living to use, and using to live.

Through Living the Steps and Practicing a Living Program; through our Relationship with The God Of Our Understanding, we get glimpses of what Freedom from some of our defects can be. We experience Hope as we trade the tools of the disease for the Spiritual Tools of Recovery. Our character and personality begin to change. We become entirely ready, as a result of Those Steps.

We begin to Practice These Principles in every area of our Lives. Our Eleventh Step tells us that enforced morality lacks the power we get by Practicing Spiritual Principles. We no longer wait for pain to motivate us.

Recovery becomes our top priority; everything else is extra. Our Higher Power is always ready and able to Help us, if we seek it.

◆ IN THIS MOMENT ◆

Living a Spiritually Principled Life will be our top priority. We will experience Hope with each Spiritual Principle, as we put them into action.

December 4

By the surrender of our own power, we gain a far greater power that will see us through.

— Gray Book, p. 58 (Step Eleven, Lines 25-26)

In Narcotics Anonymous we are told that we have to "Surrender to Win. " After years of trying it our way, we found that the fight was fixed. Our addiction continued to progress and we continued to suffer.

The First Step says that when we admit our powerlessness and unmanageability in our lives, we open the door to Recovery. We open the door that allows a Higher Power to Help us with our Recovery. We learn that the opposite is also true, when we think we have the power to manage our own lives, we close that door and Recovery is not possible. After tapping into this Power in the Second Step, we became Aware that we need this Power to begin in our Spiritual Journey.

We Trust this Power and make the Decision to allow this Power to Guide us. The Steps in Narcotics Anonymous are designed to get us out of our own way. The Eleventh Step tells us that when we Pray a remarkable thing happens; we find the means, the ways, and energies to perform tasks far beyond our capabilities.

Surrendering after enforced morality tends to lack this Growth. Our Spiritual Conditioning is what makes our Unlimited Spiritual Growth possible. It becomes a Reality for us when we Trust to rely on this Power. We now are given the Power to walk the talk.

We can now Carry a Message sufficient enough to attract others to Recovery. This Higher Power will also Guide us and sustain us through Life's trials and tribulations.

We now learn to Live Life on God's terms.

◆ IN THIS MOMENT ◆

We will Surrender to Win, we will continue to ask God for the Power to carry out His will for us.

December 5

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We have seen it work for every one who honestly and sincerely wanted to stop using.

— Gray Book, p. 17 (Chapter Two, Lines 19-20)

When we were using drugs, our minds and bodies were clouded by drugs. Many of us couldn't even imagine a life without drugs.

Our whole lives were centered in addiction in one form or another. Toward the end of our active addiction, we saw no way out.

Many of us envisioned ourselves living and dying as using addicts. We accepted this deadly self-imposed death sentence. For most of us jail, medicine, religion and psychiatry failed to Help us.

Arriving to Narcotics Anonymous, we heard from others that we didn't have to use anymore. We saw the evidence of Clean addicts Living and enjoying Life without the use of drugs. We heard these members say that working the Program transformed them into different people from when they were using. Narcotics Anonymous offers a set of Simple Spiritual Principles to encompass our existence.

We heard other members at Meetings say, "It works if you work it", not, it works if you know it. Utilizing the Spiritual Principles of this Program with the Help of our Higher Power and others, we could also receive this Special Gift. All we had to do first was to Surrender to the disease and then to the Program of Narcotics Anonymous. We had to Practice Complete and Total Abstinence from drugs to start to Recover.

We then had to Practice these Simple Spiritual Principles to every area of our Lives. We've seen it work for countless others. First they had an Honest Desire to stop using, then they applied these Spiritual Principles to every area of their Lives.

With this Hope we experienced we were propelled into action. This action turned into Faith as the Program worked for us as well. Our Twelfth Step says, as our Recovery progresses, Spiritual Principles touch every area of our Lives.

◆ IN THIS MOMENT ◆

We see the evidence of addicts around us Living a Life filled with Happiness, Joy and Freedom. We also see with the Help of others, the work that this Way Of Life requires.

December 6

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Relationships are a terribly painful area.

— Gray Book, p. 127 (Chapter Seven, Lines 33-34)

The disease of addiction is partially a disease of isolation. It's a disease that one of its many symptoms is separation. During our active addiction any Relationships we had with people deteriorated and in many cases died.

Addiction isolated us from our Loved ones, our Friends and any type of employment we might have held. Our Spirits finally went to sleep, after years of smothering it with drugs. Our worlds became smaller, and the only relationship we were left with was with the drugs. No longer did we have a right Relationship with Reality.

After a while, even the drugs turned against us. We found ourselves isolated and all alone.

With nowhere to turn to, in desperation, we found the last house on the block, "Narcotics Anonymous". After coming to N.A., we found out just how sick we were. We saw how much our lives were affected by our addiction and drug use.

Practically everyone we came in contact with was affected by our addiction. We caused a lot of pain to a lot of people, but most of all we were hurting ourselves. Today in Narcotics Anonymous, we learn to apply the Steps to our Lives.

We begin the process of change and making Amends. We Practice the Spiritual Principles of Narcotics Anonymous. With the Help of the God Of Our Own Understanding, our Sponsors and the Fellowship, we begin to Live a New Way of Life.

We start to develop healthy relations, first with God, ourselves and then others. We Amend our past Relationships. We learn to form true partnerships in the Fellowship.

Relationships, however, still seem to cause us pain when they don't work out. We don't give up.

We Pray to God for Discernment and Understanding. We Pray for the Wisdom to learn something from our experiences. Asking for direction and God's Help is our Greatest Source of Strength.

Our Gray Book says, " part of sanity is effectively relating to others. " In Narcotics Anonymous we keep changing for the best by Living the Spiritual Principles of Narcotics Anonymous. We Grow when we Share this Message with the addict that still suffers and seeking Help.

◆ IN THIS MOMENT ◆

Although Relationships can be a painful area, we will learn from our mistakes and use the pain as a Stepping Stone for ongoing Growth.

December 7

We use the tools available to us, and because we do not want to lose any of what we have gained, we will want to continue in the program.

— Gray Book, p. 43 (Step Four, Lines 13-15)

Our Twelfth Step reminds us to Practice These Principles in all our affairs. To keep and Grow in our Recovery we must keep Practicing Spiritual Principles. Our Awakened Spirits can always go back to sleep if we don't use what we got.

The Program of Narcotics Anonymous altered our Lives for the best. Our Gray Book states, "No addict has ever failed to recover who has surrendered completely to our program. " As Recovering addicts if we're not Growing, we are going. Our Spiritual Awakenings must be an ongoing Process.

We must be constantly stepping forward. Even if we're on the right track, we must keep moving, because there's always another train coming.

Recovery is an Uphill Journey. Addiction is a progressive disease even while we're abstinent. Our Literature tells us that lack of using our Tools is a sign of complacency.

If we don't use what we have, we will lose it in the relapse process. Going to Meetings, working with our Sponsors, Sponsees, and Carrying the Message to the suffering addict is part of it. The other part is actually Practicing these Spiritual Principles in our personalities, and with the personalities of others. In all our affairs means everywhere we go and in everything we do.

We especially have to Practice these Spiritual Principles when others are not. Step Four provides us with the information; and provides the beginning of the removal Process. The rest of the Steps provide the replacement process.

For us to Live we must continue in this Process. The God Of Our Own Understanding will supply us with the Power to carry it out.

◆ IN THIS MOMENT ◆

We will make our Recovery an ongoing Process. Our Daily Reprieve will depend on this Spiritual Conditioning.

December 8

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.

— Gray Book, p. 47 (Step Six, Lines 2-3)

Our Gray Book tells us: "We should approach old defects with patience and understanding, for they served us well in days past. " What that means is that these defects were developed to save our lives in active addiction. Many of us would have killed ourselves if we didn't use. We couldn't face Life without the use of drugs.

We needed these defects to continue to use. Letting go of character defects is like letting go of an old friend.

This old friend is not conducive to our Recovery. So there is some grief involved, but it's time to let go in order to move on.

We no longer need these old survival skills. Today we are doing much more than just surviving and existing, we were finally Living. In the Sixth Step, we are asked to become Entirely Ready and Willing to let go of these defective traits.

Our Gray Book states, "We are trying to achieve adequacy, not perfection " The purpose of the Seventh Step is to replace these defective traits with new Spiritual Traits. As a result of working and Living the previous Steps we became Entirely Ready for this Spiritual Surgery. Part of this readiness is to Accept ourselves with both Assets and liabilities.

Part of Self-Acceptance is also acknowledging what we were lacking. With this readiness we make God an Action Figure in our Lives. As long as we Practice these Spiritual Principles embodied in the Steps and Traditions our defects will be minimized and at best they can lie dormant.

◆ IN THIS MOMENT ◆

We will let go and acknowledge that our defects served their purpose. Today we are Living with Spiritual Principles and not just surviving.

December 9

Ours is a message of the Spirit, not of words. Words can describe the process but not explain it completely.

— Gray Book, p. 157 (Chapter Ten, Lines 17-19)

The Message of Hope was given to us from others, when we first came to Narcotics Anonymous. This Message was more from the demonstration of the Spirit through actions, not words. Our Twelfth Step says: "Words cannot describe the sense of spiritual awareness that we receive when we have given something, no matter how small, to another person. " And; "The message is meaningless unless we live it.' " As we feel the Compassion of others toward us, our Spirits start to Awaken, and we start to heal.

The Empathy that others Shared with us was a language all of its own. The nod of identification and approval we sought for so long, was given to us unconditionally without asking.

For once in a long time, if ever, we felt part of something, we were finally home. This wordless language from the Spirit that was present in Meetings was what we were always searching for and we thought we found it in drugs. This was a different euphoria that we got from the drugs.

What we found in Narcotics Anonymous was a real sense of well-being. This is the New Way to Live that our Message mentions.

This Spirit can only be attained through Complete and Total Abstinence from all drugs. Recovery can only be retained through constant Practice of these Spiritual Principles. Principles in action is how our Recovery Grows, words cannot explain it.

◆ IN THIS MOMENT ◆

We will make our Recovery more than just a theory, our Spirits will do all the talking, by our actions. Acting as examples of Recovering addicts is a Gift to the newcomer.

December 10

Addiction is a disease which manifested in us at an interminable point in our lives.

— Gray Book, p. 13 (Chapter One, Lines 7-8)

After coming to Narcotics Anonymous we realize we were sick people, not bad people. We got sick overtime not overnight. The using of drugs was just a symptom of the disease of addiction.

The using was just the tip of the iceberg. The submerged part of the iceberg is the greater part of the disease. Addiction in Narcotics Anonymous is considered a Spiritual disease, not a medical one.

Our Solution has to be Spiritual in nature. Addiction is a Spiritual disease because it affects our Relationship with God, ourselves, others, and the world around us. In other words, it affects our Relationship with Reality.

When we arrived to Narcotics Anonymous, we came in with different bottoms. Most of us suffered either Physically, Mentally, or Spiritually. Some of us lost everything and everyone that were in our Lives.

Some of us arrived with our families and jobs still intact. Regardless as to how and why we got here, we all suffered. Our Spirits visited the same horrors of addiction.

It was at that interminable (incapable of being terminated) moment that we had to Surrender. We found that in Narcotics Anonymous there's room for all manifestations of the Recovering person. When we identify and not compare, we develop that Wordless Language of Empathy. With this Spiritual Principle we are able to help one another.

In Narcotics Anonymous our diversity creates Unity in Strength. We carry the Message of Hope and the Promise of Freedom for all who seek it.

That's our Unity of Action and our Unity of Purpose.

◆ IN THIS MOMENT ◆

In Narcotics Anonymous if we don't remember our bottom, then maybe we haven't had it yet. We share this valuable experience with all who seek Recovery.

December 11

We take the Fourth Step to gain the necessary strength and insight to enable us to grow in this new way of life.

— Gray Book, p. 40-41 (Step Four, Lines 29-1)

Fearless and Moral are two words that are in our Fourth Step; these are positive Spiritual Principles. The Fourth Step has a reputation for being painful and shameful. In reality, it's the most loving thing we can do for ourselves.

The Fourth Step helps us remove the unnecessary personality traits that served us during our active addiction. The Fourth Step supplies the information we need to begin this process. We trap this shameful part of our personalities on paper.

These negative traits and patterns are no longer necessary for our New Way of Life. We also list our Assets and decide to keep those, after all it is a Moral inventory. These newly discovered Assets are necessary to negotiate the rest of our Recovery.

The first Three Steps provide us with the Strength and Faith to work this crucial Step. Working, then Living the Steps, Helps us become useful and Spiritual people. Our personalities get a make over, which allows us to be our True selves.

We start to be useful in our Lives and in the Lives of others. Narcotics Anonymous makes it possible for us to create a new past.

A past filled with Positive experiences and Positive changing decisions. The Reality and actions of our present become our past in the future. This overhauling begins in the Fourth Step.

This transformation is only possible with the Help of the God of Our Own Understanding, our Sponsors and others. Lost dreams start to Awaken and the Hopes that seemed impossible become possible. As we Practice this remove and replace process and Share it with another person, it becomes a Reality for us.

◆ IN THIS MOMENT ◆

We will allow ourselves the Privilege of change. We will look forward to Honest self-appraisal.

December 12

By working the Steps, we came to accept our Higher Power's will and this acceptance led us down the road of recovery.

— Gray Book, p. 27 (Chapter Three, Lines 8-10)

In Narcotics Anonymous the only thing we have to change about ourselves is everything. When we first arrived to Narcotics Anonymous our Spirits were broken and, for many of us, our Lives were in utter shambles. We Surrendered to the disease of addiction.

We stop fighting, and we Surrender to the Program of Narcotics Anonymous. We first had to Achieve and maintain Complete and Total Abstinence. We had to complete this Admittance of our powerlessness and unmanageability for anything to happen.

In working Step One, we opened the door to a Power Greater than Ourselves. This Power makes our Recovery a Reality.

Being Abstinent from all drugs leaves a void in our Spirits. The purpose of Step Two is to fill this Spiritual void with the Hope of the Narcotics Anonymous Program. Tapping into a Power Greater than Ourselves relieves our obsession to use drugs.

Our Gray Book says, "We now have a workable idea of a Higher Power. " This Hope propels into Faith through positive action. Our Third Step Decision provides our Spiritual Foundation in which to build our Recovery on. To sum up our Program, first we get right with God, we get right with self, we get right with others and; finally, we get right with the world at large. We continue the cycle of Recovery on a Daily Basis by Practicing these Spiritual Principles.

We can only keep our Recovery by Sharing it with others. We reinforce our Recovery as we work with our Sponsors and Newcomers. We Live Life Happy, Joyous and Free.

We become a power of example and give our Higher Power all the credit. We are on the road of Recovery, We Do Recover.

◆ IN THIS MOMENT ◆

We will work the Steps, then the Steps work us. Finally, we learn to Live the Steps by Practicing the Spiritual Principles contained in them.

December 13

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There is only "One" requirement for membership, the honest desire to stop using.

— Gray Book, p. 15 (Chapter Two, Header)

When we talk about using, we're talking about using drugs. An addict is a man or woman for whom drugs controlled and made their Lives unmanageable. The symptom of our disease is what usually brings us to N.A.

It also Helps us with our identification. Our Gray Book states, "We are Narcotics Anonymous and our problem is addiction, " The honest desire to stop using drugs cannot be measured. It's left up to the individual whether the honest desire to stop using is a wish or a real desire.

Usually, our level of desire can equal to our level of Willingness to try. Before coming to Narcotics Anonymous, some of us wished we had a desire to stop using. The bottom line is that we didn't have a choice; we had to use.

One way or another we had to get stopped. Some of us just got tired of being tired and sick.

Whatever the case we were Accepted into Narcotics Anonymous. Our Third Tradition is focused more on the Spiritual Principle of Equality. We can become members no matter what age, race, sex or sexual preference, creed, religion or lack of it.

We all can be members if we choose to. We all have the equal opportunity to have access to this Program. Our literature also reminds us that membership is not automatic when the addict walks in through the door, or stops using. It's an actual decision that has to be followed by Embracing the Spiritual Principles of Narcotics Anonymous. "The choice of membership rest with the individual. " An example is like meeting the requirements for membership to be a firefighter.

Once you meet the requirements and you're a firefighter, you're expected to fight fires. That's if you're planning to stay.

In our Program you can stay as sick as you want that's up to the individual member. Requirements do not necessarily equal membership. Not using any mind altering or mood changing chemicals is the First Step in our Program.

To get all the Benefits this Program has to offer, we need to follow this Decision with action. Our desire can be measured by our Willingness to take that action. Aligning our actions to the truth, that's the Honest part.

◆ IN THIS MOMENT ◆

We will Welcome all at the end of their road, as we were Welcome. We will also Share with others who seek Recovery, the Narcotics Anonymous Message.

December 14

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we tried countless other remedies--counselors, psychiatrists, hospitals, lovers, new towns, new jobs--everything we tried, failed.

— Gray Book, p. 33 (Step One, Lines 6-8)

In Narcotics Anonymous the disease of addiction is defined as a physical, mental, Spiritual and emotional disease that affects every area of our Lives. Our Gray Book states, "Addiction is a feeling disease. " Our drug use was just a symptom of a much deeper problem. As far back as many of us can remember, we never felt complete.

We suspected that something was wrong, but didn't know what it was. We masked our feelings with things outside ourselves.

Some of us tried religion, medication, psychiatry, and other people. All these methods failed to solve our problem, ourselves.

When these things failed to fill our void, we used more drugs. Drugs were our only solution for a while. Our drug use provided us with suicide on the time plan, instead of instant death.

When the drugs stopped working and caused us enough pain and suffering, we turned to Narcotics Anonymous. After putting down the drugs, we found ourselves physically Clean; but still suffering from the mental, Spiritual and emotional pain. In the first Three Steps, we learned that we weren't God and had to find a Power Greater than Ourselves that can relieve us of this insanity. Once we Surrendered and turned our Will and Lives over to the care of that Power we tapped into, we began to feel Hope.

Our Foundation for our Recovery was now in place. Steps One, Two and Three formed this Foundation where we can build our Recovery on.

Steps Four through Twelve treat this disease and gives us a Daily Reprieve. Practicing the Spiritual Principles of Narcotics Anonymous we Recover into a drug free Life.

We can Live Happy, Joyous and Free. We finally can Live without the use of drugs or anything to replace them. Our Eleventh Step in our Basic Text says, " our spiritual condition is the basis for a successful recovery that offers unlimited growth."

◆ IN THIS MOMENT ◆

We will learn that we suffer from a disease that affects us in more ways than just physically.

December 15

Many times, our efforts have produced in us feelings of peace and serenity that we have never known before.

— Gray Book, p. 58 (Step Eleven, Lines 34-35)

Some of us during active addiction acted on self-will. Acting on our self-will resulted in our Lives becoming unmanageable.

This is one of the reasons that in desperation, we arrived to Narcotics Anonymous. Another reason was that we were powerless over our addiction.

In Narcotics Anonymous, the Decision in the Third Step to turn our Will and Lives to the Care of God sounded like a big order. Some of us weren't ready for this alignment.

To stop using drugs was one thing, but some of us weren't ready to quit smoking cigarettes. Some of us didn't want to stop sleeping around with different sex partners.

Some of us weren't ready to stop stealing and lying. The drug lifestyle seemed to follow us, even after we got Clean. Participating in killing ourselves softly wasn't conducive to our New Way of Life. Our Basic Text states, "Recovery is an active change of our ideas and attitudes." Only a complete change in our personalities would enable our Recovery to continue to Grow.

Our Spirits experienced periods of Serenity only to be followed by periods of remorse whenever we fell short, or every time we took our Will back. The longer we stayed in Narcotics Anonymous and Lived the Steps, our Conscious Contact with our Higher Power increased. We found that as long as we Prayed for God's will, we actually were getting what we wanted for ourselves all along. God's Will for us is to continue to Recover, to be of good health, to not be alone, and to be Self-supporting.

Through applying the Spiritual Principles, God's Will for us becomes our Will for ourselves. We begin to experience longer periods of Joy and Serenity, as long as we continue this Conscious Contact.

◆ IN THIS MOMENT ◆

We know that as long as we continue doing God's will, our Lives will be Fulfilled.

December 16

Some of us reach a point of complacency in recovery. If we stay at this level for long, the recovery process ceases and we begin to backslide.

— Gray Book, p. 127 (Chapter Seven, Lines 22-24)

Our Literature tells us that addiction is a progressive disease. It's progressive even during abstinence.

In Narcotics Anonymous, we are granted a Daily Reprieve and that depends on our Spiritual Maintenance that day. Complacency is the enemy of members with substantial amount of Clean Time.

Our Gray Book states, "Clean time in the program acts as insurance. " We have to Practice our Spiritual Principles in order to keep this insurance from lapsing. Early signs of complacency can be missing Meetings, not working with others, not staying Open-minded, and thinking we don't need to continue working and Living the Steps. When we stop paying these dividends, is where the process of relapse has its beginning.

Some of us become Spiritually complacent, we slow down on our Prayer and Meditation. Since our Spiritual Conditioning is the basis for a Successful Recovery, we lose the Power to Practice these Principles on a daily basis.

We start to backslide on this Uphill Journey. This process happens so subtly that we fail to notice it. We depend on our Clean Time to carry us through our day to day activities. Our addiction starts to manifest itself in other areas that seem justifiable, like working a lot of overtime, or spending time with our families and not attending Meetings, for example.

The longer we stay in this condition, our Recovery process ceases and the relapse process begins. We have to remember our Recovery comes First, or we will lose these Precious Gifts in the relapse process.

◆ IN THIS MOMENT ◆

We will realize that Recovery is a process that requires daily work. Relapse is a process that requires no work.

December 17

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Everything that occurs in the course of N.A. service must be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers.

— Gray Book, p. v (Introduction, Third Paragraph)

The Primary Purpose of the N.A. Group is to carry the N.A. Message to the still suffering addict.

That's the whole reason we exist. For the member to carry the N.A. Message, we must have an N.A. Message to carry.

Being Of Service is one of the ways we can carry the N.A. Message. When we first come to Narcotics Anonymous, we are told that a Commitment will keep us coming back.

Our first Privilege of serving others occurs in our Home Group; as a result, we get to stay Clean. That's at the beginning of our Recovery. After being here for a while, our primary motive for Service will be to Serve others. We start to Share this Precious Gift with others.

Service is one way of giving away that which was so freely given to us. Our motive should be Love and Selfless Service. We have to ask ourselves; do we have Service based Recovery or do we have Recovery Based Service? Are we doing Service or are we Of Service? Service might keep us Clean, but are we Recovering? Are we using Service to take the place of Step work? Are we missing Meetings to do Service commitments in service committees? Are we holding to Service commitments past our rotation term because it keeps us Clean? Is that what we mean by Selfless Service? Are we truly motivated to carry the Message because we Care for the suffering addict, or for our own selfish motives?

These are the questions we should be asking ourselves to determine if our motives have motives. Goodwill is exemplified by doing the right thing for the right reason. Doing Service to stay Clean is doing the right thing for the wrong reason. Our Service to N.A. should be pure and not motivated by selfishness, money, power or prestige. As long as we keep our Primary Purpose up front, we will reach addicts and save Lives.

◆ IN THIS MOMENT ◆

We will check our motives for doing Service. We will be Of Service. We will make sure that our Service is Recovery Based, and not Service based Recovery.

December 18

The fact that we require each and every group to focus on carrying the message provides consistency.

— Gray Book, p. 102 (Tradition Five, Lines 21-23)

Our Fifth Tradition states that, "Our primary purpose is to carry the message to the addict who still suffers." The Primary Purpose of a Group is more than just holding Meetings. The Primary Purpose of a Narcotics Anonymous Group is to Carry the N.A. Message.

Primarily and lastly we do it in our Meetings. Some members Share the N.A.

Message and other members Listen to the N.A. Message.

That's the only thing that should take place in our Meetings. It means that when Sharing everyone should have some Consistency in the Narcotics Anonymous Message being carried. That Message is Hope and the Promise of Freedom. We Share Solutions to the problems that plague us.

Recovery is what happens in our meetings. In the Twelfth Step we Carry the Message as individuals, which can be interpreted by our personalities. However, as a Group our common theme should be the same, Freedom from active addiction and the Hope of Recovery; that's our purpose and why we exist. All of our Traditions exist to protect our Primary Purpose.

Our predecessor's hard won experience proved over and over that when they strayed from their Primary Purpose, their members died. Our Gray Book states, "The group is the most perfect vehicle we have for carrying the message to the addict who still suffers." It's vital that we carry an Unblurred and Pure Message of Narcotics Anonymous, because this is all we have to give. When we stray from this Purpose, addicts continue to die.

◆ IN THIS MOMENT ◆

For the individual the only requirement for N.A. membership is a Desire to stop using. The only requirement for an N.A. Group is to Carry the Narcotics Anonymous Message.

December 19

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The program doesn't work when we adapt it to our life, we have to adapt our life to the program.

— Gray Book, p. 80-81 (Chapter Five, Lines 34-2)

When we first come to Narcotics Anonymous most of us just wanted to stop hurting, some of us wanted to stop using. We saw how our drug use brought us to our knees in a state of despair. We stopped using drugs, and we started to work some Steps with our Sponsors. Soon our Lives started to get busy.

We were around our families more, and some of us gained much-needed employment. Some of us went back to school.

We felt we had to make up for lost time. Many of us forgot that these new Gifts were possible because we were in N.A. Some members mistook the point of Recovery in Narcotics Anonymous.

At first our whole Life was centered in N.A. Then, some of us forgot our priorities; and put these Gifts in front of our Recovery. Narcotics Anonymous was no longer number one.

We were too busy to attend Meetings, call our Sponsors or Carry the Message to others. We forgot that we can't keep what we have unless we give it away. We stopped making Surrender to this Way Of Life.

Many of us returned to active addiction. If we were lucky enough to survive and come back, we learned to put our Lives into Narcotics Anonymous; instead of putting Narcotics Anonymous into our Lives. We learned that our Lives had to be in the center of N.A. Our Recovery must come first, our Lives hinges on this fact.

We have to be always on our way to a Meeting; we just have to stop and work first. We're on our way to a Meeting; we just have to see our families first. In other words, we should always be on our way to a Meeting.

Meetings are a fence around our Cleanliness. This Physical Act of Surrender protects our Clean Time.

It keeps making our Recovery possible and Growing.

◆ IN THIS MOMENT ◆

N.A. will be in the center of our Lives; everything else has to revolve around N.A. Our Recovery must come first in order to keep it.

December 20

The Twelve Steps of Narcotics Anonymous are a progressive recovery process established in our normal living.

— Gray Book, p. 147 (Chapter Nine, Lines 31-33)

The Third part of our N.A. Message says that we can find a New Way to Live. This Promise of a New Way to Live that's offered, largely depends on us Practicing the Principles of Narcotics Anonymous in all our affairs. Staying Clean and maintaining Total and Complete Abstinence is the cornerstone of our Program.

The Spiritual Principle of Abstinence is what makes the rest of our Recovery possible. Our Literature tells us that social acceptability does not equal Recovery. Part of that acceptability is our Clean Time.

Don't be confused about it, it's not Recovery. There are plenty of people in the world that are abstinent.

Many are not Practicing the New Way of Life of Narcotics Anonymous. Even our own members celebrate lengths of Clean Time only to miss the whole point of our Program of Recovery. Narcotics Anonymous is not a drug program, it's a Recovery Program. Our Steps and Traditions focus on Recovery from the disease of addiction.

Our Principles offer more than just freedom from active addiction. They offer a Complete and Total Spiritual Awakening as a result of each Step.

Not just Freedom from the symptom, which are the drugs. The Spiritual Principles that are locked in our Steps and Traditions can only be unlocked by Working and Living the Program through practical daily application. That's only possible with the Help of Narcotics Anonymous and the God of Our Own Understanding.

◆ IN THIS MOMENT ◆

We will unlock the Spiritual Principles of our Program by the Practical application of our Steps and Traditions.

December 21

Personality change is a natural progression set in motion by our surrender to the program.

— Gray Book, p. 81 (Chapter Five, Lines 4-5)

The use of drugs stopped our Spiritual and Emotional Growth. Most of us started using drugs at an early age, so there wasn't much Growth to begin with. Our Spirits completely closed and went to sleep.

Some say that when we stopped using drugs we were actually the same age emotionally, when we first started. Not to mention our Spirits were still asleep. What we needed was a personality change and an Awakening of the Spirit.

Narcotics Anonymous offers a New Way to Live and an Awakening of the Spirit through Working and Living the Steps. The first thing we have to do is stop using all drugs. The pain of Living without the drugs introduces us to a Power Greater than Ourselves in Step Two.

This Power Greater than Ourselves relieves our obsession to use drugs. We Decide to let this Power Guide us in our Recovery and in our Lives. This same Higher Power we call God in the Third Step makes it possible for us to Work the rest of the Steps.

Practicing a Living Program is so necessary for our personality transformation. We have to Live our way into good thinking, not think our way into good Living.

The Action must come first. As we use the Tools of the Program with the Help of our Higher Power, which some of us choose to call God, Sponsors, and the Fellowship, we start to Change over time. Sometimes this Change occurs behind our backs as we work and Live the Steps. We start to become the people we were meant to be all along.

The process begins with that first and continuing act of Surrender.

◆ IN THIS MOMENT ◆

We will use the Necessary Tools in N.A. to Achieve a Personality Change and we will meet ourselves in the Process.

December 22

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When at the end of the road we find that we can no longer function as a human being, with or without drugs, we all face the same dilemma

— Gray Book, p. 132 (Chapter Eight, 3rd Paragraph)

Before Narcotics Anonymous addicts had no where to go, to get Clean and Recover. We went to other places but they failed to offer any Solutions. Most of us went to the bitter ends, jails, institutions, and death.

Some of us continue to use till we reached a state of degradation. Some were lost beyond recall.

Today some addicts still suffer some of these results. Today Thanks to a small Group of addicts, exists a Program called Narcotics Anonymous. Addicts no longer need to suffer or die from the horrors of addiction.

Addicts are more fortunate to find the identification with the feelings and emotions that was needed. There are Narcotics Anonymous Meetings in most neighborhoods around the World. Meetings are available to every person that seek Recovery from the use of drugs and the disease of addiction.

The only price for admission was our suffering. That with the desire to stop using is our cover charge When we get sick and tired of being tired and sick, we can benefit from what Narcotics Anonymous has to offer. A drug free life style with the opportunity for Recovery with Unlimited Growth.

It's up to us, no one is going to force us to give up our misery. Our Gray Book states, "The pain of working the program did not seem as great as the pain of addiction, so we surrendered. " The Narcotics Anonymous Program has worked for countless addicts who Surrendered to the Spiritual Principles of Narcotics Anonymous. For the first time in man's history a Solution exists to the age old problem in society of the hopeless state of drug addiction. We treat a Spiritual problem with a Spiritual Solution.

We Do Recover.

This is our Program of Narcotics Anonymous.

◆ IN THIS MOMENT ◆

We will show our Gratitude for Narcotics Anonymous by Sharing it with all that seek help.

December 23

God consciousness fills the empty place inside that nothing ever could before.

— Gray Book, p. 145 (Chapter Nine, Lines 19-20)

For many of us our Spirits were voided at a young age. That was the beginnings of our addiction.

We turned to drugs to fill that void in our souls. For a long time the drugs worked, they were our solution.

When we used drugs, we didn't have to feel. We didn't have to face our emotions. In fact, we needed the drugs to survive our emotions.

Then one day the drugs stop working and turned against us. The more we used the bigger our void got.

Nothing could fill that hole in our soul. Our usage caused destruction in our Lives and in the Lives of others. In N.A. living without the use of drugs can be just as painful.

We have to use the Spiritual Principles of Narcotics Anonymous to fill that void. The purpose of the Steps is to bring us closer to the God Of Our Understanding. Our Gray Book states, "God consciousness fills the empty place inside that nothing ever could before." God's Grace fills in the missing parts of our personalities and Spirits.

We tapped into this Power Greater Than Ourselves in the Second Step. We developed Trust and a Relationship with the God Of Our Own Understanding in the Third Step. We treat our addiction in Steps Four through Ten.

We learn to Live with this Guidance through a Constant Conscious Contact in the Eleventh Step. This God Consciousness fills the void that was left and created by the disease of addiction. Through our Unconditional Surrender, our Complete and Total Abstinence from all drugs, and the Practice of Spiritual Principles, we can find a New Way to Live. We take the show on the road in Step Twelve.

◆ IN THIS MOMENT ◆

We will fill that God void with the things that come from God, because nothing else fits.

December 24

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The Twelfth Step of our personal program also says that we should carry the message to the addict who still suffers.

— Gray Book, p. 102 (Tradition Five, Lines 26-27)

Our Fifth Tradition states that the Primary Purpose of each Group is to Carry the N.A. Message. In our Personal Program we are also asked to Carry the Narcotics Anonymous Message.

In the Twelfth Step we work with others on a one-to-one basis. One addict helping another addict is why the Program works. Only addicts can help addicts Recover.

Sponsorship is the most direct way that one addict helps another addict. The Gray Book states, "We found that the ultimate weapon for recovery was the recovering addict." Sponsorship makes this possible.

We begin to develop Trust between ourselves and another human being. For many of us, this could be the first time we ever developed a healthy intimate Relationship with another human being. Sponsorship gives us the Opportunity to develop that True bond.

A Relationship with Love and Caring as the only True motive. There are as many ways to Carry the Message as there are addicts. Each one of us has our own personal style; no one style is better than the other, just different.

This diversity makes it possible to reach every type of addict from all walks of Life. Carrying the Narcotics Anonymous Message reinforces our Program and helps us keep what we have. After a while, True Love and Service become our Primary Motive.

Selfless service becomes our Goodwill. Our Twelfth Step reminds us that the Message is meaningless unless we're Living it. We continue our Constant Conscious Contact with our Higher Power and ask for the Power to Carry this out.

Our job as Sponsors is to lead our Sponsees to God. We are Responsible to Carry the Message, God is the one who delivers it.

◆ IN THIS MOMENT ◆

We will Share this Precious Gift with others in order to keep it. Our Primary Motive is because we Genuinely Care.

December 25

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Anonymity is the whole basis of the program; it is truly the foundation.

— Gray Book, p. 115 (Tradition Twelve, Lines 13-14)

Our Gray Book says, "The awakening of anonymity in each of us occurs when we finally give up trying to manage our lives and begin to depend on a power greater than ourselves. " The experience of this Spiritual Principle happens as soon as we Surrender to Narcotics Anonymous. The definition of Anonymity is to remain nameless, part of that means that we don't take credit for our Recovery. We also don't take credit for helping others. Our contract to stay Clean and Recover is with the God of Our Own Understanding.

This protects our Anonymity that we are doing it for ourselves, but not by ourselves. This belief confirms the WE of the Program.

Our True Motive for serving the Fellowship and N.A. should be Goodwill, in other words; doing the Right Thing for the Right Reasons. As we become part of the Whole in Narcotics Anonymous, we learn that the Whole is Greater than the sum of all its parts. That means although we are part of that Whole, our contribution is Selfless and the Power to Carry that Will out comes from our Higher Power.

Recognizing every addict's right to Recover is also an acknowledgment of Anonymity. We don't break their Personal and Spiritual Anonymity by, e.g.; taking advantage of their sexual identity. We are here to Serve Narcotics Anonymous, not fulfilling our selfish and sexual needs.

Service is for those we Serve, yes it keeps us Clean, but it can't take the place of Step Work and our Personal Recovery. Everything we do in Narcotics Anonymous is for the still suffering addict and all admiration and credit goes to the God of Our Understanding. We are just messengers and vessels for delivering this God Sent Message.

We can't keep this Program of Narcotics Anonymous unless we Share it with all who seek Recovery.

◆ IN THIS MOMENT ◆

We will remain nameless in our Service Work. We will not pat ourselves on the back for our Recovery.

December 26

By opening the gates of our hearts, we become ready to receive the help we need.

— Gray Book, p. 37 (Step Two, Lines 7-8)

For most of us active addiction closed not only our minds, but it also closed our hearts. The drugs numbed us, and that's exactly what we wanted.

We didn't want to think, and we wanted to control what we felt. Our minds were closed to anything, but using.

The using process also closed our Spirits. At the end of the road, many of us wanted to die, but our desire to Live was just a little stronger. After all else failing us, and with this desperation we sought Help through Narcotics Anonymous. Beaten into Surrender and powerlessness we were forced to open our minds to try something different.

In Narcotics Anonymous we saw the evidence of other members staying Clean and Enjoying Life without the use of drugs. This Open-mindedness gave us the Hope we needed to want the same for us. This Hope propels our Willingness to make the Decision in the Third Step.

Our Literature tells us that this Decision is not a mental decision, but a Decision we make with our Hearts. The Second Step made the opening we needed in our minds.

Now in the Third Step we open our Hearts to this Power. We now start to form a Heartfelt Relationship with the God Of Our Understanding. This is the Spiritual Foundation that we can build a successful Recovery on. Our Gray Book states, "The only price is to quit fighting, surrender quietly and let the God of our own understanding take care of us. " This opening of our Hearts and minds make us available to receive the help we need to continue on this Journey of Recovery in Narcotics Anonymous.

◆ IN THIS MOMENT ◆

We will keep an Open Mind as well as an Open Heart. We will also Share these Spiritual Principles with others.

December 27

The mind begins to accept new ideas which lead to a new way of life as the grip of drugs and our past way of thinking and doing begins to relax.

— Gray Book, p. 10 (Chapter One, Lines 35-37)

After arriving to Narcotics Anonymous, many of us witnessed addicts around us celebrating various amounts of Clean Time, most of them Living Happy, Joyous and Free. This Attraction of the Program at work moved us to also want this Precious Gift in our Lives. We soon found out that Recovery in N.A. was more than wishing, it was more than just Admitting our powerlessness. We soon learn that Hope without Action turns into despair.

One of the main Spiritual Principles of our Second Step is Open-mindedness. The pain of withdrawal forces us to seek a Power Greater Than Ourselves; this Power relieves our Obsession to use. Since a sick mind cannot cure itself, we meet this Power through our Actions.

Our Second Step says that it's the Process of Coming to Believe that Restores us to Sanity. It's the coming to meetings; it's the studying of our Literature; it's the getting and using a Sponsor and working with others through Service. The Practicing of the Spiritual Principles locked in the Steps.

This is what Restores us and what keeps our Spiritual Awakening Progressive. We don't think our way to Sanity, We Live our way to Sanity.

As we continue to Trust The God of Our Own Understanding, we begin to loosen our grip on the things we can't control, Everything. Letting go and Letting God is proof of our Surrender. Our Gray Book says; "Problems that had no solutions became transparent and unreal in the light of our new understanding. " In other words we lose the grip fear had on us.

We learn to Live In The Moment.

◆ IN THIS MOMENT ◆

We begin to see that if we're not part of the Solution, we're part of the Problem.

December 28

We are no longer fighting fear, anger, guilt, remorse, self-pity, anxiety, depression and a thousand other ills.

— Gray Book, p. 39 (Step Three, Lines 25-27)

When we first arrived to Narcotics Anonymous, we were beaten into submission. This made us admit our powerlessness and our Surrender to the disease of addiction. We had to stop fighting the disease, the fight was fixed, and we would lose.

We then Surrendered to the Program of Narcotics Anonymous. This was evident as we started to Practice its Spiritual Principles.

The Principle of Surrender has to become a daily Practice. We attend Meetings, after some time we Sponsor members and get Sponsored. The Steps and Traditions of Narcotics Anonymous changes our personality as we learn to Live them.

We learn about Acceptance, Courage and Wisdom in our decisions. We are no longer fighting anything or anyone.

Our Basic Text tells us, "We no longer need to make fools of ourselves by standing up for nonexistent virtues." We are no longer seeking approval from others. We are finally Free to be our True selves. Our Relationship with our Higher Power improves through Constant Conscious Contact.

We no longer have to dwell in the past, which can lead to being depressed. We no longer project into the future, which can lead to anxiety.

We learn to stay in the Moment; we no longer borrow from tomorrow. We start to let go of trying to control everything and everyone. We tap into this Higher Power for our Daily Strength to stay Clean and Carry this Life saving Message of Narcotics Anonymous to the addict that still suffers. As a result, we Grow and stay Serene, and get to keep what we have.

◆ IN THIS MOMENT ◆

We will not get into the ring with the disease because the fight is fixed, and we will lose our Serenity and eventually our Recovery.

December 29

When someone points out a shortcoming, our first reaction is one of defensiveness.

— Gray Book, p. 49 (Step Seven, Lines 24-25)

Our Basic Text tells us that we are each other's eyes and ears. That's because I can't see my own eyes and ears, but I could see yours and you can see mine. The same applies to our Assets and Liabilities, sometimes it's difficult for us to see our attitudes and behaviors, but others can.

In Narcotics Anonymous we suffer from the same disease, and we can see each other coming. We may in our Journey react negatively if someone points out a shortcoming.

We may also downplay a compliment when it is given to us. Both reactions are a result of low self-esteem.

Our Gray Book states, "If we truly want to grow, we will take a good look at what is pointed out. As we Share this Journey, we see each other at our best and at our worst. We learn how to Empathize with each other and offer each other our Experience, Strength and Hope.

When we approach each other to offer our help, we do it with Love and Compassion, not with judgment and criticism. We Share our Experiences and our Solutions, more importantly we Share Hope and Understanding. No matter how long we've been in Recovery we are still human and will make mistakes.

Our Seventh Step offers a way out, through God's Forgiveness, as we ask him to remove our shortcomings. These Spiritual Tools and the act of Humility helps us Open our Hearts when others fall short. As we develop Patience, Tolerance, Understanding and Forgiveness with ourselves, we in turn Practice the same Spiritual Principles with others.

◆ IN THIS MOMENT ◆

We will let our guards down and let our fellow members in. We will Honor each other's suggestions, when it's done with Love.

December 30

This is our road to spiritual growth This comes not from wishing, but from action and prayer.

— Gray Book, p. 49 (Step Seven, Lines 31-36)

Hopes, Wishes and Dreams were some positive things that the disease of addiction robbed us from. Some even before they were fulfilled or, in some cases, even developed. We were left with despair and uncertainties.

After arriving to Narcotics Anonymous, we witnessed the Hopes and Dreams of other members. We still failed to see it in our own Lives, but now we had Hope. As we work and Lived the Steps we seemed to Awaken and the fog was lifted.

The Complete and Total Abstinence from all drugs, in our First Step, first had to be achieved and maintained. Our bodies and minds were no longer clouded with drugs. When the obsession to use drugs was removed in the Second Step, we began to experience the Spiritual Principle of Hope.

This Hope was a result of the Spiritual Principle of Open-mindedness. We then decided to Trust our Will and Lives over to the Care of this Higher Power. We worked the Steps with this Higher Power many of us called God and our Sponsors.

Living the Steps, we began to see that anything was possible, even our lost Dreams. Practicing the Principles of our Traditions gave us the WE of the Program. Writing our Fourth Step we saw where we went wrong, we saw our obstacles, which in most cases was ourselves.

As we wrote, our lost Dreams started to slowly reappear, our Wishes became Hopes. Our Hopes became Realities as we worked the Steps. Faith became our new Foundation.

We share these Hopes with others as they see it manifest in our Lives.

◆ IN THIS MOMENT ◆

We will stop wishing and start working. Lost Dreams can become a Reality as we stay on this Journey of Recovery.

December 31

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Service will get us out of ourselves, and our concern for others will be reflected in our own ability to accept concern from others.

— Gray Book, p. 85 (Chapter Five, Lines 3-5)

In Narcotics Anonymous we learn to focus on ourselves, to work on ourselves. What we soon find out is, to keep what we have, we have to give it away. In other words, we learn to work with others.

We have to get out of self to have self, to have our Recovery and continue to Live. The way we do this is through Selfless Service. Service is for those we serve.

In our beginning as newcomers, other members suggest that we take a service commitment in our Home Group. As newcomers, we make coffee for the Group, or we greet others as they arrive at the Meeting. These early service commitments keep us coming back week after week; this gives us the opportunity for Recovery. We are still serving others whether we realize it or not.

As we continue in this Journey, the motive to stay Clean by doing service becomes secondary. Recovery happens as a result of the Steps, not service. Service might keep us Clean but does not equal Recovery.

Service Based Recovery is temporary and with little Growth. Recovery Based Service on the other hand results in the Spiritual Principle of Humility. We do service because we truly Care for other addicts.

We freely Share this Gift because it was freely shared with us. One of our Founding Members said, "You and I have been given through illness, through suffering and through disease, a talent for helping other human beings like ourselves. Let's never forget that we have it. " In other words only addicts can help addicts. We do this through service.

As we Share with others, we also learn how to Accept Help from others.

This is true Humility, admitting that we can't do this on our own. Accepting Help from others gives them an opportunity to serve others.

◆ IN THIS MOMENT ◆

Through serving others we will learn the Humility it takes to ask for and Accept Help when we need it.