

## What Is the Narcotics Anonymous Program?

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. 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.

There are no strings attached to NA. We are not affiliated with any other organizations. We have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

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A few useful suggestions...  
and where they come from...

### AVOID PEOPLE, PLACES AND THINGS

*Basic Text Page 15.* "Old friends, places, and ideas are often a threat to our recovery. We need to change our playmates, playgrounds and playthings."

### COME EARLY AND STAY LATE

*Basic Text page 252.* "We were into service work, emptying ash trays, setting up and cleaning up meeting halls. We would get there early and leave late..."

### DON'T USE... GO TO A MEETING

*Basic Text page 10.* "...we suggest that newcomers keep coming back and come back clean."

### *IP 23 "Staying Clean on the Outside"*

Instead of picking up that first drug, we do the following:

- \* Don't use, no matter what
- \* Go to an NA meeting

### GET AND USE A SPONSOR

*Basic Text Page 55.* "We have found it helpful to have a sponsor and to use this sponsor"

*/P #6 'For The Newcomer':* "We suggest that you look for a sponsor as soon as you become acquainted with members in your area"

### GET A HOMEGROUP

*Basic Text Page 54:* "We find our place in the Fellowship, and we join a group whose meetings help us in our recovery."

*Basic Text page 95.* "Attending our home group provides encouragement from the people that we get to know."

### KEEP COMING BACK, IT WORKS!

*Basic Text Page 9:* "We have learned from our group experience that those who keep coming to our meetings regularly stay clean."

*Basic Text page 148:* "Keep coming back, it works."

### *IP #22 "Welcome to Narcotics*

*Anonymous":* "KEEP COMING BACK - IT WORKS!"

### 90 MEETINGS IN 90 DAYS

*Basic Text Page 53:* "A meeting a day for at least the first ninety days of recovery is a good idea."

### USE THE PHONE

*Basic Text Page 54:* " ..get and use telephone numbers..."

