

*Spiritual Principle a Day*  
...  
*Book Project*



A new book in the making—written by addicts, for addicts

# Time to write!

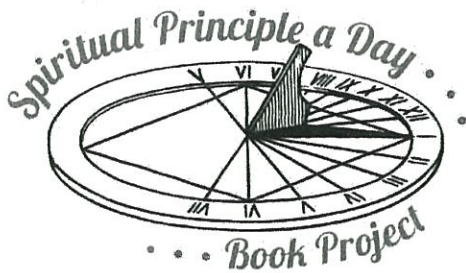
- Write alone or with a partner, on paper or online via [www.na.org/spad](http://www.na.org/spad)
- One quotation per writer/writing pair
- Write
  - It's just sharing on paper
  - Focus on communicating ideas, not writing poetry
  - Just write—the water doesn't flow until the faucet is turned on



Click the mouse to start the 10-minute timer

## Service Prayer

God, grant us the knowledge that we may act  
according to your divine precepts.  
Instil in us a sense of your purpose,  
make us servants of your will and  
grant us a bond of selflessness that this  
may truly be your work, not ours,  
so that no addict, anywhere,  
need die from the horrors of addiction.



Spiritual Principle: Spirituality

Quotation: "Simplicity"

# 1

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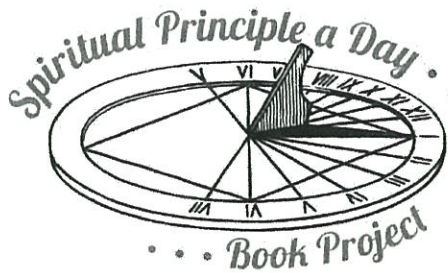
Elaboration: I feel better about myself because I feel like now on day ~~all~~ of being clean I communicate with God more honestly. Now I can speak to other addicts and ask for their experience of one addict helping another addict. What spirituality has meant to them and based on what I understand from what they said has made me realize now much I have grown spiritually in my recovery.

Reflection: Spirituality has given us a new way to communicate with God, and other addicts. So we can live and practice on a daily basis, this meditation

Where do you live? (city/town, state/province, country) FX Lauderdale, USA Gold Coast

If you want to receive updates and allow us to contact you if we have any question, what's your email address? \_\_\_\_\_ (optional)

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Spiritual Principle:

Quotation:

\* Practicality \*

Definition -

of relating to, or manifested  
in practice or action  
Not theoretical, or ideal

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Elaboration:

Practical Identification

Our identification as addicts is all inclusive

\* Actions Speak louder than words  
- Higher Power - - Unity -

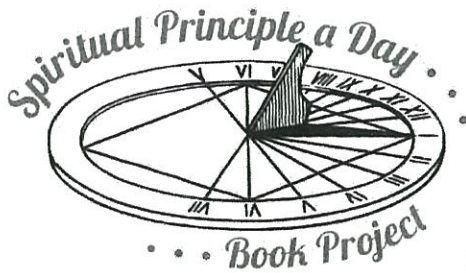
That we All No Matter where we come from  
are afforded the opportunity to "recourse"  
As we come in to the rooms most of All  
of us have, or have experienced delinquency in  
"trust" we trust no one, not even ourselves  
we feel absolutely pride different. Depending  
of our individual journey's we are all on  
our own leaves, many have sought help in  
their own way, yet nothing has proved  
to be as effective as that of "hierarchy".  
Sitting amongst our own kind and  
sharing life experiences, trials, tribulations,  
failures, fears, victories, as only we have

Reflection:

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Spiritual Principle: Practicality

Quotation: Many of us believe that every day we abstain from using, or take suggestions from our sponsor, we are taking practical action on our decision to turn our will and lives over to the care of our higher power (NA Step Working Book, Step 3, "Turning it over").

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Elaboration: In active addiction anything we did to use was practical. Maintaining a job was practical because money supported our habit. Robbing others was equally justified. How we obtained our drug money was irrelevant as long as we could keep our addiction alive.

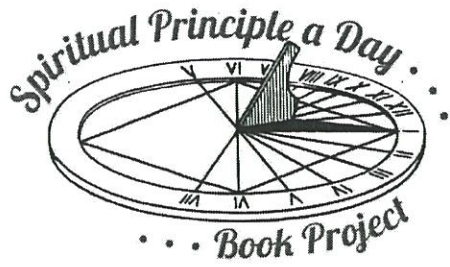
When we walked into the rooms of Narcotics Anonymous the third step lovingly guides us to trust our will to the care of our Higher power. Because of our higher power's care, our old ways no longer made sense. Practicality today means allowing God, our sponsor, and the NA program to guide us away from our old selfish motives to a life concerned with ~~that~~ simply doing the next right thing.

Reflection: Today, I will apply practicality for the right reasons not for my own selfish motives.

Where do you live? (city/town, state/province, country) South Florida, USA

If you want to receive updates and allow us to contact you if we have any question, what's your email address? trinawashburn@hotmail.com (optional)

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Spiritual Principle: kindness

Quotation: The lessons we learn in NA about sharing and caring, asking for help, and offering what we have to give are powerful tools we can use outside the fellowship as well  
(Living Clean, Chapter 4, "Our Physical <sup>self</sup>"

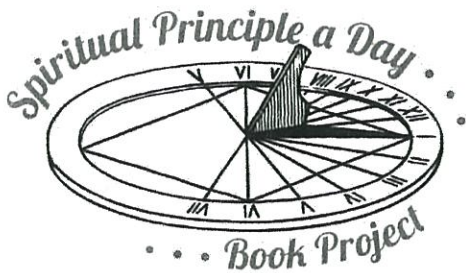
Elaboration: The definition is the quality of being friendly, generous and considerate, doing kind acts. I think helping others, doing everything possible to not cause them pain and treating them with respect and dignity with absolutely no expectations from them at all. Kindness also means taking care of ourselves in <sup>our</sup> mental, emotional and physical self. It is actually living and practicing the Golden rule in our lives.

Reflection: I will treat myself and others with the kindness that is pleasing to the God I have in my life. I will not harm anyone so I have to do step work on them.

Where do you live? (city/town, state/province, country) Hollywood, Florida, USA

If you want to receive updates and allow us to contact you if we have any question, what's your email address? vlewis1628@gmail.com (optional)

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Spiritual Principle: KINDNESS

Quotation: We approach people w/ love & kindness, carrying within ourselves a deep & abiding respect for the feelings of others

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Elaboration: In our addiction we used kindness to manipulate others to get our way. To some of us kindness was seen as weakness, while others used it to their advantage. We acted in a predatory manner & lived on an animal level.

After coming into recovery, through working the steps of NA, we have learned to love ourselves & others & to accept our humanness. Since the core of our disease is self-centeredness, thinking about the sensibilities of others is an anecdote. We express this through acts of kindness. A warm smile, a hug or simply calling someone by their name leading someone a sympathetic ear.

Reflection: Today I will approach people w/ empathy & ~~not~~ acknowledge their feelings by my words & deeds

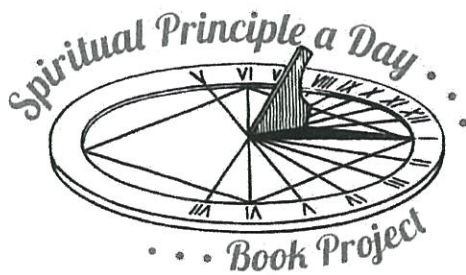
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240-501-7232 Eric J = money oh money00@gmail.com





Spiritual Principle: UNDERSTANDING

Quotation: AS ~~MUCH~~ <sup>WITH</sup> SO MUCH ELSE IN NA, THE FREE EXCHANGE OF EXPERIENCE AND IDEAS IN AN ATMOSPHERE OF SUPPORT AND MUTUAL RESPECT LEADS TO GROWTH AND UNDERSTANDING (Guiding Principles, Introduction).

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Elaboration: BEFORE COMING TO THE ROOMS OF NARCOTICS ANONYMOUS, WE UNDERSTOOD VERY LITTLE OUTSIDE OF THE WAYS AND MEANS TO GET MORE. THE TOTAL SELF-CENTEREDNESS OF ACTIVE ADDICTION LEFT US NO ROOM TO THINK OF OTHERS, LET ALONE UNDERSTAND THEM. WE BELIEVED THAT NO ONE ELSE COULD POSSIBLY UNDERSTAND OUR UNIQUE STRUGGLES AND SITUATIONS. OUR POOR COPING AND COMMUNICATION SKILLS MOLDED US INTO WILDLY MISUNDERSTOOD MEMBERS OF OUR COMMUNITY. WE JUDGED OTHERS HARSHLY AND IN RETURN WE WERE PERCEIVABLY HARSHLY JUDGED.

AS WE ENTERED THE FELLOWSHIP, WE ENCOUNTERED PEOPLE RECOVERING. INITIALLY, WE COULD NOT UNDERSTAND THE DRAMATIC CHANGE THAT WOULD OCCUR. FINALLY MEETING AND CONNECTING WITH OUR SPONSOR IS PERHAPS OUR FIRST EXPOSURE TO AN ATMOSPHERE OF UNDERSTANDING. AS WE CONTINUED TO SHOW UP TO MEETINGS AND HEAR A VARIETY OF DIFFERENT STORIES AND SHARES WE LEARNED THAT OUR IDEAS ARE NOT SO UNIQUE. WE DISCOVERED HOW TO EXPRESS OURSELVES IN A WAY THAT OTHERS COULD UNDERSTAND. WE CAME TO UNDERSTAND OURSELVES.

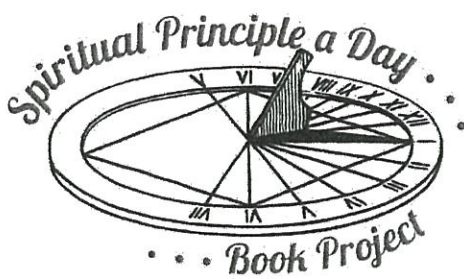
Reflection: I UNDERSTAND MY PRIMARY PURPOSE TODAY IS TO CARRY THE MESSAGE TO THE ADDICT WHO STILL SUFFERS

Where do you live? (city/town, state/province, country) Gold Coast, FL, US

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Recovery In Progress - Kaylin T  
Beachside Serenity - Megan G



Spiritual Principle: UNDERSTANDING

Quotation: #2

WE begin to understand that other people have real feelings + that we are capable of hurting them if we are careless

(IT works, Step Nine)

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Elaboration: I came in the center of the Universe and ~~was~~ totally self centered... I most certainly didn't consider other people unless they could benefit me.

Working the 12 Steps I got free from my raging self obsession and got transformed to make Service to others a ~~part~~ primary purpose.

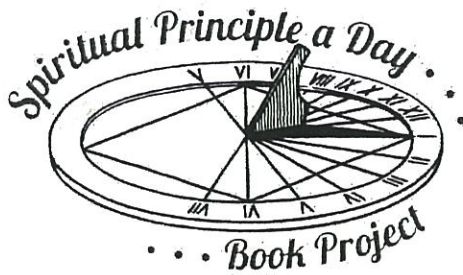
As for hurting people, I have learned to say what I <sup>MEAN</sup> mean, I mean what I say, but not to say it mean!

Reflection: The Freedom I've received from becoming less self obsessed has given me a new life. I got SAVED to SERVE

Where do you live? (city/town, state/province, country) Brooklyn, NY USA

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Spiritual Principle: Perseverance

Quotation: The process of recovery isn't easy. IT takes great courage and perseverance to continue in recovery day after day. (IT WORKS, STEP ONE)

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Elaboration: In our addiction, we were sick of being sick and tired of being tired. Dealing with the consequences of our use, like sleeping under bridges, eating out of garbage cans, deteriorating health, and inability to function. Even at our lowest points physically and mentally we had to find some hope and willingness.

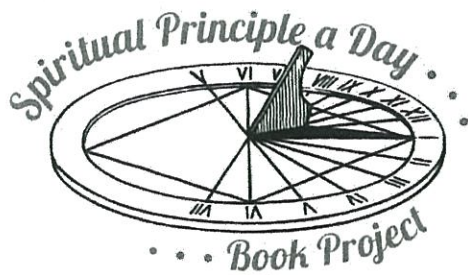
Struggling in our early days to stay clean, white knuckling it one second to the next, watching others persevere gave me strength. Not knowing what would happen or the outcome of ~~our~~ lives we found a new way to live. We began to see other lives. We began to understand the importance of self honesty. We believed we could be better. We believed in change.

Reflection: When we persevere, we give ourselves an opportunity to <sup>be</sup> part of their program of NA. As we grow, we change. We do recover

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Spiritual Principle: Respect

Quotation: As we clean up our wreckage + live differently we can respect our actions + find respect for ourselves in the process Living clean ch 2  
Connection to Ourselves

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Elaboration: IN ACTIVE ADDICTION WE LACKED  
Respect for ourselves. We played victim  
AND AT TIMES BIAMED OTHERS FOR OUR  
INABILITY TO TAKE ACTION. WE NEEDED TO  
CHANGE BUT WE WERE STUCK.

IN RECOVERY IT WAS SUGGESTED TO TAKE  
A CLOSE LOOK @ OURSELVES. BY LISTENING TO  
OTHER RECOVERING ADDICTS GAVE US THE COURAGE  
WE NEEDED TO STRIP AWAY THE GUILT, REMORSE  
AND PAIN OF SHAME. TH

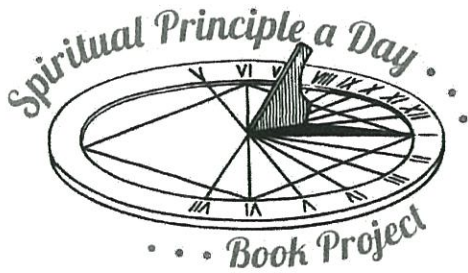
Through the process of daily living and  
improving our relationship w/ self allowed us  
to open our hearts to self acceptance,  
love, and respect.

Reflection: As we continue to practice the spiritual principle  
of respect we gain the freedom to be ourselves.

Where do you live? (city/town, state/province, country) \_\_\_\_\_

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Spiritual Principle:

Forgiveness

Quotation:

"Forgiveness is an action and a decision. We need a lot of forgiveness and we also get to provide it. Forgiving is its own reward" (Living Clean, Chapter 7) "Love"

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Elaboration: When coming into recovery, we may have had a distorted view of forgiveness. Still finding myself obsessing over the hurt others have caused us, or the hurt we have caused others. One of the most important steps in the process of forgiveness, is the action of surrendering. This is where we learn to let go in order to free ourselves, from ourselves. The parts of us that wants to hold on to resentment, anger, and fear, letting others rent space in our head. Using these emotions and thoughts, as a point of reference to use. When we release others from unrealistic expectations, recognizing our own imperfections, we blossom in our recovery, demonstrating forgiveness. We eliminate chaos and regain peace, through the maturity of understanding and applying forgiveness. Instead of choosing to execute revenge, we talk to our sponsor, work steps, and work with others, finding true peace in forgiveness.

Reflection:

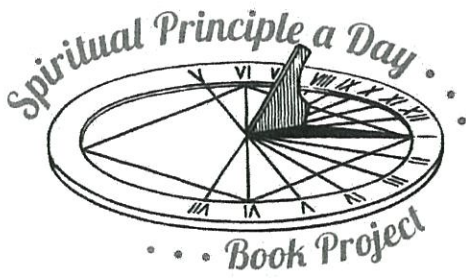
Forgiveness is finding peace within ourselves and others.

Where do you live? (city/town, state/province, country)

Gold Coast

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Spiritual Principle: FORGIVENESS

Quotation: Recognizing our own humanness gives us the capacity to forgive others and not be as judgmental as we have been in the past (Steps Working Guides, Step 9).

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Elaboration: Most of us grew up fearing a punishing God. And believed we were going to hell anyway, so what the fuck, was our action.

In N/A we're learning a new way of life. And <sup>we</sup> now believe that ~~my~~ God is loving, kind, and forgiving. The God of my own understanding forgive me for everything we've done. This has taught me to love, forgive, and be kind to others unconditionally.

Reflection:

Where do you live? (city/town, state/province, country)

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Gold Coast - Breakfast Club, Vernay

# What can I do?



Consider organizing workshops in your NA community!

*home groups* ★ *service bodies* ★ *activities* ★ *friends* ★ *sponsorship gatherings*

Visit [www.na.org/spad](http://www.na.org/spad) to download this PowerPoint, the writing template, and quotations related to more spiritual principles.

Use online forms posted at [www.na.org/spad](http://www.na.org/spad) to write on your own from any connected device.