

Finding Freedom in Narcotics Anonymous

Are you struggling with addiction but feel uncomfortable with religious language or concepts often found in recovery programs? You are not alone. Many individuals who identify as atheists, agnostics, or freethinkers have found solace, support, and recovery in NA without the need for a traditional higher power or god.

When you first walk into a meeting of Narcotics Anonymous you may encounter prayers and discussions about god or higher powers. This can be unsettling and alienating if you don't believe in a deity or higher power. Part of the strength and beauty of NA is that there is room for all of us. What others call spiritual principles, some call ethical principles. NA is a diverse community where members respect each other's beliefs and experiences.

**KEEP
COMING
BACK**

*For more
information about
how to find
secular,
freethinker,
atheist, and
agnostic
NA meetings:*



www.secularna.org



This pamphlet is not NA Conference approved



**Spiritual
Not
Religious**

I'm Home

My whole life I've been a liar and a chameleon: fitting in everywhere but feeling at home nowhere. I tried religion and psychiatry but they didn't work. I still felt alienated. Then I found solace in NA, feeling welcomed by what I thought were like-minded people. Until they prayed. Yet, their recovery inspired me, so I kept attending meetings, got a sponsor, followed the steps, and stayed clean. I pretended to have a personal connection with a higher power, but felt untrue to myself. However, through private conversations with NA members, I discovered fellow agnostics in recovery. Realizing I wasn't alone I felt both comfortable and accepted on my journey. Since attending some of the secular and freethinker meetings I feel I'm finally home.



Supportive Environment

If you're new to NA, don't hesitate to reach out for support. Find a sponsor who respects your belief system and can guide you through the twelve steps. Along the way you'll also find understanding from and camaraderie with other individuals within the fellowship.

Simple, Spiritual

The phrase "This is a simple, spiritual, not religious program known as Narcotics Anonymous" highlights NA's emphasis on spirituality without aligning with any specific religious doctrine, making it accessible to individuals from diverse backgrounds and belief systems. This aspect is crucial as it encourages those who might be put off by overtly religious themes to participate and benefit from the program.

Moreover NA stresses the importance of finding a sponsor who respects one's belief system, recognizing that different individuals may have varying spiritual or philosophical perspectives. This inclusivity ensures that all members feel supported and understood on their journey in recovery.

Overall, the passage reflects the core values of NA which prioritize inclusivity, support, and unity in pursuit of recovery from addiction. It serves as a welcoming message to newcomers, reassuring them that they are not alone in their journey and encourages them to continue participating in the fellowship for ongoing support and growth.

I Tried to Believe

I tried my best to develop a belief in a god but was unable to. People in meetings would share about their intimate relationships with gods or higher powers. I felt no such thing. I tried praying, meditating, etc. but felt nothing. I began to think that there was something wrong with me; that I was inadequate. The old, dangerous tapes played in my head: I'm different. I'm not good enough. I'll never get this thing. I won't be able to stay clean.

It took years before I felt comfortable sharing my beliefs with others. I now understand that my spiritual condition was based on the simple principles that underlie our 12 steps: how well I treat others with love, dignity, and respect. I no longer shy away from sharing my beliefs, having found so many others experiencing the same feelings.



Unity in Diversity

Despite our differences in beliefs, NA members share a common goal: to recover from the disease of active addiction, live principled lives, and become responsible, productive members of society. Our fellowship is built on inclusivity and acceptance, with the understanding that there are many paths in recovery.