

## Preface

### Introduction

Each day that we wake up clean affords us the opportunity to seek a life of connection—to ourselves, to our fellow NA members and other loved ones, to service, and to a power greater than ourselves. Captured within the 366 entries of this new work, *Spiritual Principle a Day*<sup>1</sup>, are expressions of these connections we seek. At Narcotics Anonymous meetings, conventions, service activities, and in our day-to-day conversations with each other, we talk a lot about living by spiritual principles, sharing our experience—both directly and indirectly—of what that means and how we do it. Our overarching goal for this project is to create a book that will inspire NA members all over the world and provoke thoughts about the connection between spiritual principles and recovery from addiction. *Spiritual Principle a Day* is intended to provide us with practical applications regarding how we strive to live spiritually in recovery, facing life on its own terms, and how we support each other in doing so. The structure of each daily meditation—a quotation from NA literature, a brief reading, and an intention for the day—offers us as individuals, meetings, groups, and sponsorship networks a starting point for reflection, discussion, sharing, or however else we choose to proceed.

### How *Spiritual Principle a Day* was developed

The idea for *Spiritual Principle a Day* came from us, from the Fellowship of Narcotics Anonymous. The 2018 World Service Conference (WSC) approved a project plan for a new book to explore a spiritual principle on each day of the year. This move was based on information garnered from a 2017 survey that NA members from 37 countries across six continents completed. Our responses overwhelmingly indicated a desire to hear the voices of fellow members, to learn how others apply spiritual principles in their daily lives, and to read about how living by spiritual principles shapes our experience.

Once the mission to create this book was established by the Fellowship at the WSC, we had to determine: How do we develop a piece of literature that speaks to the range of spiritual principles that NA members practice—and to the range of *how* those spiritual principles are practiced in our daily lives?

Like all NA literature, this book was developed by NA members for NA members. In order to reflect the experiences of our ever-evolving, worldwide Fellowship, the development

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<sup>1</sup> Please note that this is the working title, but—like everything—it's subject to change.

process included as many NA members as possible—as many and as diversely representative of our Fellowship as have elected to participate. Participants in the process were geographically, linguistically, and culturally diverse, as well as varied in terms of cleantime and spiritual practices.

The entries in this volume are derived from thousands of pieces of materials submitted by individual NA members, meetings, and groups, and from *Spiritual Principle a Day* workshops and activities all over the globe. A workgroup comprised of a diverse group of NA members was convened to deliver on the specifics of the Fellowship’s requests for the new book, to select quotations from NA literature related to each spiritual principle, to read all of the submissions from members, and to identify the elements that would be woven together to create the fabric of this book. Writers, also NA members, were engaged to develop and creatively refine the entries, based on workgroup, World Board, and Fellowship review and input. Drafts of all entries, plus the list of spiritual principles included in this preface, were posted online so that individual members and groups could provide feedback on the direction of the work being conducted by the workgroup. The entire process, from conception to production, took more than four years.

These pages contain the results of this process. This is NA unity in action. The entries exemplify what spiritual principles mean to NA, giving practical, relatable reflections on how to apply them in our daily lives, both in and out of the rooms. Our Fellowship envisioned a well-rounded and broadly appealing book in which individual entries serve different functions—inspirational, educational, heartwarming, humorous, and *real*. This eclectic approach means that not all entries will resonate with everyone, but it ensures that all of us will see ourselves somewhere in this book. These are our stories, our experiences, our voices.

### **Applying *Spiritual Principle a Day* in our recovery**

Based on the Fellowship’s recommendations, we have structured *Spiritual Principle a Day* as a “daily meditation” book, similar to *Just for Today (JFT)*. Each page highlights a spiritual principle with a quotation from our body of NA literature. The excerpt is followed by a meditation on the principle and a reflection for the day.

What we do with these words on the page is entirely up to us. The choices are varied, perhaps as varied as we are. Sure, using the written intention at the end of each page to inspire our personal meditation practice is an option, but it’s one of many.

*Spiritual Principle a Day* is a labor of love intended to meet each of us exactly where we are in the moment when we pick up the book. We can start a *Spiritual Principle a Day* meeting,

just like we've done for *Living Clean*, *JFT*, or *Guiding Principles*. We can use it to start or end our day with meditation practice, or writing, or prayer. We can use it to connect to our Higher Power in some way. We can share about it with sponsees to help broaden their (and our) understanding of how a particular spiritual principle is affecting our lives at any given moment. Want to focus on one spiritual principle for an entire week? Find it in the list below and get cracking!

acceptance	faith	intimacy	self-discipline
accountability	fidelity	joy	selflessness
anonymity	flexibility	kindness	self-support
authenticity	forgiveness	listening	serenity
autonomy	freedom	love	service
awareness	generosity	maturity	simplicity
balance	goodwill	open-	sincerity
caring	grace	mindedness	surrender
commitment	gratitude	optimism	thoughtfulness
communication	harmony	participation	tolerance
compassion	honesty	passion	trust
connectedness	honor	patience	unconditional
conscience	hope	perseverance	love
consistency	hospitality	powerlessness	understanding
cooperation	humility	practicality	unity
courage	humor	prudence	vigilance
creativity	imperfection	purpose	vulnerability
curiosity	inclusiveness	reliability	"We"
discernment	independence	resilience	willingness
discipline	individuality	respect	
empathy	integrity	responsibility	
encouragement	interdependence	self-acceptance	

However we choose to read this daily meditation book, we hope that each of us finds something in these pages that we identify with, empathize with, strive toward, and aspire to. We can all expect to learn a lot from each other as we find creative approaches to engage with *Spiritual Principle a Day*.