

NARCOTICS ANONYMOUS
SHOW-ME REGION
WRITING STEPS FOR RECOVERY
P.O. Box 140199, Overland, MO 63114

DEDICATION AND PURPOSE

The primary purpose *of* this committee is to provide written Narcotics Anonymous step guidance to any incarcerated addict desiring recovery within Narcotics Anonymous.

Addicts on the outside are able to choose someone to guide them through the 12 steps of Narcotics Anonymous, by listening to them in meetings and seeing how they live outside of meetings. Our committee has set up some guidelines so that we can try to assure that, though your circumstances make it necessary we choose a step guide for you, you will receive step guidance from someone who will help you grow in N.A. All of the potential step guides have shared with this committee their commitment to their N.A. based recovery. They work all their Steps in writing and have completed at least the first five with an N.A. sponsor. They have a minimum of 2 years clean and attend N.A. Meetings regularly. Mail is collected from our Post Office Box once a week and after step guides have received their letters, a reply will be sent to you within two weeks. During the process of assigning a step guide to you, your very first letter may be read to the committee as a whole, but all future correspondence will be strictly confidential between you and your step guide. It is important that you understand, though, that every letter between you and your step guide will be subject to your prison's rules regarding review of mail. Contact with your step guide will be limited to writing only and can not include requests for photos, drawings, pictures, messages to others, phone calls, rides, visits, or any damaging personal information.

If you are interested in participating, please take a card below and write to the committee at that address.

Writing Steps for Recovery
Show-Me Region of Narcotics Anonymous
P.O. Box 140199
Overland, MO 63114

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CORRESPONDENCE ONLY AGREEMENT

Step Guide Contact: WSR/Show-Me Region, P.O. Box 140199, Overland, MO 64141

Step Guide Full Name:
Street Address:
City, State,
Home Phone:

Sample

Pen Name: _____ # of Inmates to write: _____

As a step guide, I agree to: _____

1. Limit my contact with the step writer to writing only.
2. Refrain from using abusive or profane language in my correspondence.
3. Respect the confidentiality of my step writer.
4. Refrain from supplying my step writer with any materials for correspondence including envelopes, stamps, pre-stamped envelopes, writing paper, and writing implements.
5. Refrain from sending my step writer, any books, tapes or items of this nature.
6. Refrain from supplying my step writer with my telephone number, address, and any other information prohibited by the program.
7. Refrain from visiting my step writer or having any contact with him/her outside the facility.
8. Refrain from contacting anyone whom my step writer might ask me to contact.
9. Refrain from revealing any damaging personal information as outlined in guidelines.
10. Attest to not having been a victim or an accomplice of a crime with someone who is presently incarcerated as a result of that crime.

I understand that every letter I send into the facility where my step writer resides could be opened and checked for contraband. The content of the letter: is to remain on topic outlines by the program and discretion will be exercised in writing about any matter that could be construed as to jeopardize the safety and security of the facility, it's staff, it's residents, this committee, or anyone else.

I understand that failure to adhere to any of the aforementioned articles will result in cessation of my participation in the WSR program and may put the whole program at risk.

The committee will notify me when I am an approved step guide and will not correspond with any step writers from the facility until I have received this approval.

Signature

Date

WRITING STEPS FOR RECOVERY
SHOW-ME REGION OF NARCOTICS
ANONYMOUS
P.O. Box 1401990verland, MO 63114

Date:

Facility

:

ATTN: Counseling/Case
Manager

Dear Sir or
Madame:

The Writing Steps for Recovery Committee is writing to your facility in order to keep lines of communication open regarding the services we are continuing to provide with the incarcerated addict/inmates desiring recovery within N.A. As we have introduced the service of guidance through the 12 steps of Narcotics Anonymous with a Step Guide provided by our committee at an earlier date, we would just like to refresh these thoughts with you and your facility. Working the steps is the process we've found for Continuing ongoing growth with our ability to live life on life's terms without the use of drugs.

As we have previously stated, this committee operates on certain policies and guidelines. Some of the requirements to be a Step Guide are as follows:

1. Two years of continuous abstinence from all drugs and working the recovery process.
2. A willingness and availability to reply to any letter within two weeks or less.

Enclosed is the response letter the committee sends to anybody that writes with an interest in having a Step Guide, as well as a Correspondence Only Agreement that we require our Step Guides to sign, and a flyer with inserts to put up in your facility to again initiate our services.

If your facility would like to know more or need additional flyers, please feel free to contact the committee at the above address or call me, _____, the Chair for Writing Steps for Recovery Committee, at _____ in the evenings.

Sincerely

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Writing Steps for Recovery
Committee Show-Me Region of
Narcotics Anonymous

Enc.

WRITING STEPS FOR RECOVERY
SHOW-ME REGION DE NARCOTICS ANONYMOUS
P.o. Box 1401990verland, MO 63114

DEDICATION AND PURPOSE

The primary purpose of this committee is to provide written Narcotics Anonymous step guidance to any incarcerated addict desiring recovery within Narcotics Anonymous.

Dear

We are writing to you to let you know that our committee has received your letter requesting a Step Guide.

At this time, our committee is not set up to offer Step Guides to you or others in you facility. We have begun the process and contacted your facility to offer our services to them We will be working with them to make sure their guidelines for correspondence are met.

There will be flyers sent to the facility with our contact address if or when we have been accepted. You will need to write again to receive an assigned Step Guide.

Please be patient while we work all of this out. Thank you so much for your request, and we hope to be able to work with your facility soon.

Yours in recovery,

Writing Steps for Recovery
Show-Me Region of Narcotics Anonymous



The Primary Purpose of this committee is to provide written Narcotics Anonymous step guidance to any incarcerated addict desiring recovery with Narcotics Anonymous.

Writing Steps for Recovery

Sample

Dear _____:

Thank you for your letter to the Writing Steps for Recovery Committee. Unfortunately, we are unable to help you at this time.

Our purpose is to provide step guides to those who are still in a facility and who will remain in the facility for a time. The program is totally anonymous and we do not reveal personal information or the identity of any of our Step Guides. We use pen names or first names only and a post office box for correspondence. When an inmate has been released, their correspondence with the committee ends. We then suggest that they attend N.A. meetings in their community and find a sponsor to work with.

At this time, we do not provide Step Guides for those who are being released shortly or for those who are already outside of a facility. Please accept the "Introduction to Narcotics Anonymous" booklet and refer to page 103, which talks about sponsorship.

Thank you for contacting the Writing Steps for Recovery committee, and again we are sorry we are unable to help you at this time. Should your situation change or you meet the above-mentioned criteria, please let us know.

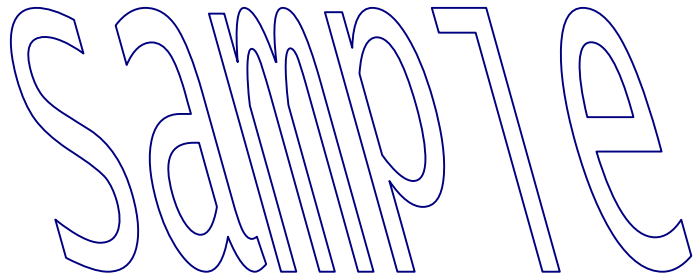
Sincerely

Writing Steps for Recovery Committee

Show-Me Region of N.A.

This Letter is just an example to help a new step guide find his/her own words and is not intended in anyway to suggest this is what should be written by a step guide.

November 11, 2002
Lori
555 Some Street
A City, Some state 99999

The word 'SAMP7A' is written in a large, blue, outlined font. The letters are stylized, with the '7' being a simple vertical line with a horizontal top bar. The 'A' has a curved bottom right side.

Dear Lori:

As you saw by the letter you received from the Writing Steps for Recovery committee, we are only step-guides to help you through working the steps and sharing some of our recovery. A real sponsor is someone you hopefully will obtain once you are released and are going to meetings. I will tell you that recovery has been the most wonderful thing that has happened to me. I came in shattered; no values like self-worth, trust, love and honesty. I broke the laws many times, just for the sake of my addiction. I did WHATEVER it took to get and use. I was desperate and when I got here I clung to everything they said in the rooms of N.A. I tried to follow the suggestions to the best of my ability at the time. I didn't know how NOT to do a lot of the behaviors I was accustomed to. This took time and working the steps.

I am married, have children and grandchildren and have had to face life on life's terms, been happy, sad, excited, angry, depressed, and lived without chaos in my life for over ten years in recovery. I have also survived divorce, death, marriage and health problems in recovery, but have not had to use. Hopefully, you too can find some serenity and other spiritual principals this program of Narcotics Anonymous has to offer. It is an exciting journey. Not always easy as you start to feel the things life has in store for you, like death, sadness, anger, fear, but there is also love, freedom, joy and self-esteem. The suggestions and

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tools they offer us are for us to choose to use, just as using drugs is a choice...until you pick up the first one. I can only offer you my experience, strength and hope. You can write to Lynne, that's me, through WSR until you are released, as that is when correspondence through the committee ends. I have enclosed your first step and suggest you start on it right away. I also suggest reading about the 1st step in the *Basic Text* and *It Works How and Why* before you start the step, if those books are available to you through your library or counselor. Wishing you a journey of self-discovery in recovery.

Sincerely,

1/25/00

Dear Step Writer,

My name is Mikayla. I have been clean for over 2 years. I have worked my steps many times on various parts of my disease. I joined the WSR to help women who are addicts' work the steps of Narcotics Anonymous in hopes of being free from their addiction.

I am 32 years old and have lived in Missouri all of my life. I am a single parent with 2 children. When I got clean it was because I realized my methods of living were not working for me. I had lost almost everything. Since being clean I have managed to stay clean through the loss of loved ones from this disease in death and disillusion. I have also suffered surgery, depression, loss of jobs, personal failures, personal successes, advancements in social and personal standings. I know you may think what is so hard about success and advancements, I assure you success for many of us is harder sometimes to deal with than failure.

I am writing to you today to let you know that the Writing Steps for Recovery Subcommittee of Narcotics Anonymous has received your letter and assigned me to be your step guide. If you are still interested in working your steps I will be glad to assist you.

Enclosed you will find a copy of the first step work. To do this I would suggest not only reading the enclosed material and answering the questions but reading through any and all information about N.A.'s first step you can locate in your facility. You may also find it beneficial for your recovery to begin a journal so that you can see the changes in your thought process that will occur as you work an honest program of recovery.

Good luck and I hope to hear from you soon,

Mikayla