

# Suggested Literature for Making Newcomer Packages

(South Dade Area Literature Distribution Liaison)

In our group readings we state: “The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away.” It is of utmost importance to pay attention to the newcomer. We must make sure newcomers and people we do not recognize feel welcome by introducing ourselves and others to them, giving them a hug and making them feel at home. We must always remember how we felt when we were new. Just getting off drugs, many of us were confused, disoriented, distrustful, fearful, mentally and emotionally destroyed, and vulnerable.

It takes a great deal of courage for a newcomer or anyone coming back from a relapse to introduce themselves to the group. Secretaries or Greeters ought to pay attention to who’s a newcomer or who picks up a white chip. When the meeting ends, we must approach them with a friendly and caring attitude. One way to help them take their first steps in recovery is providing them crucial information they need. That’s why we give them a “newcomer package.” To determine the best combination of IPs to give them, it would help to read all IPs yourself and become familiar with what they say. You can customize the package according to need. It will be helpful for you to find out whether this is their first time ever to an NA meeting, whether they still are in a treatment center or are just coming out of one, or if they are coming back from a relapse. People coming back from a relapse may sometimes tell you that they “know the program” or that they’ve “been around” when you give them the literature. You may tell them humbly that reading the IPs is just a suggestion. You may also suggest that they read chapter 7 «Recovery and Relapse» on the Basic Text.

The following are some suggested pieces of literature among which you may choose from when making newcomer packages;

1. **Updated Meeting List** – Explain to them the meeting format codes. Make sure they get a few phone numbers. You may ask other addicts to give their number to the newcomer. Females should get numbers of other females and men, numbers of other men.
2. IP #1 - Who, What, How & Why
3. IP #5 - Another Look
4. IP #7 - Am I An Addict?
5. IP #11 - Sponsorship (Revised)
6. IP #12 - The Triangle of Self-Obsession
7. IP #16 - For the Newcomer
8. IP #22 - Welcome to Narcotics Anonymous
9. IP #17 - For Those in Treatment – for people in treatment programs.
10. IP #23 - Staying Clean on the Outside – for people about to come out of or just coming out of a treatment center.
11. IP #13 - Youth & Recovery – for young people
12. IP #6 - Recovery & Relapse – for those coming back from a relapse

**Note:** IP #9 - Living the Program - This is an excellent IP that makes us realize how vigilant (or not) we are in our recovery.