



THE RECOVERY REPORT



FIREWORKS EDITION

SEATTLENA.ORG

na.org/meetingsearch



Home Group Spotlight

Northwest Addicts

Start your weekend surrounded by a safe, supportive recovery circle! This is a vibrant, family-friendly space where you never have to worry about childcare—your little ones are always welcome, and they often outnumber the adults in the room. Come grab a seat, connect with community, and find a new way to live.

- When: Friday | 7:30–9:00 pm
- Where: Good Shepherd Baptist Church (6915 196th Street SW, Lynnwood, WA 98036)
- Focus: That any addict can stop using drugs, lose the desire to use, and find a new way to live.

24-Hour Helpline: 206-790-8888 (Call before you use!)

Learning To Live

By: Mariah L.

Seizures, overdosing, wrecking my car, signing over temporary guardianship of my daughter, and being robbed at gunpoint were a few events that happened in the month that led up to October 5, 2023: My clean date.

At the time of writing, I have two years, seven months, and 12 days; the most amount of clean time I've ever had. With the three-year landmark getting closer and closer I was asked to give a summary of my first year clean. The first 365 days looked like this.

After completing treatment, I moved into a homeless shelter. My first day in the shelter a woman named Tiffany knocked on my door, picked me up, and took me to a meeting. To this day I still don't know how she knew where I lived or who I was. I still see Tiffany at meetings and events and I often remind her of how monumental that moment was for me.

One of the first noticeable changes towards the better that I can remember was the improved clarity in my brain. Around two weeks clean my mind grew quiet and my thoughts and speech weren't a string of mumbles, but coherent sentences.

I had a lot of time on my hands and though I did not work an official 90 in 90, my meeting attendance was around three to five a week. At those meetings, I heard several slogans like "don't leave five minutes before the miracle happens" that stuck with me. I supplemented NA meetings with regular trips to the recovery café to participate with my recovery group and circle. The support I received there was so impactful it's hard to put into words.

Around my 6 month mark another big moment happened at the nooner meeting when a guy I'd only spoken to one other time remembered my name. It showed me that other people really cared.

I had a temporary sponsor in treatment, but she lived far away and we didn't really connect on a meaningful level. I found a new sponsor who asked to me to do things that made me uncomfortable. Since my top priority was unscrewing my life my only option was to get uncomfortable. It worked. Assignments like calling strangers off the phone list lead to meeting women who I'm still in contact with today.

As my days clean grew in my first year, so did the quality of the relationships I had with the people who meant the most to me: my family. The visits with my daughter got longer and the once fractured connection with my uncle began to repair and grow stronger.

In my first year getting a home group, being of service, being honest, and Step work were all vital to the success I achieved. So much so that going into year 3 and beyond I will continue with those four staples of my recovery.

My name is Mariah and I am an addict.



What Are Some Ways That Groups Can Handle Disruptive Members?

Keeping our meetings safe is very important. When a member is disruptive, the group must take action to protect everyone. The main goal of every NA meeting is to carry the message of recovery, and bad behavior gets in the way of that purpose.

If you ever feel threatened or bothered by someone at a meeting, you should speak up. Members are highly encouraged to share their concerns with the meeting leader or a trusted servant.

The best way to solve group problems is usually through the group itself. Groups can hold a business meeting to talk about how to handle the disruptive person. Working together helps the group find peaceful ways to keep everyone safe.

Groups do not have to figure it out all alone. They can look at NA literature for extra help. A service pamphlet called "Disruptive and Violent Behavior" offers many great ideas for groups to use.

Virtual meetings have special tools to handle bad behavior too. Trusted servants can mute microphones, turn off videos, or place a disruptive person in a virtual waiting room. Removing an NA member from an online meeting should only be done as a very last resort.

Sometimes extreme problems happen. If a fight ever breaks out or weapons are shown, the meeting should be shut down right away. Our meetings must always remain a secure and safe place for people to heal.



QUESTIONS AND ANSWERS

Q: I don't believe in God. Can I still recover in NA?

A: Absolutely! Narcotics Anonymous is a spiritual program, not a religious one. Anyone can join us, no matter their religion or lack of religion. Many of our members have stayed clean for years as atheists. You do not have to believe in God to find recovery here.

Instead, you can use the NA group itself or our spiritual principles as a power greater than yourself. The most important thing is to keep an open mind and give yourself a break

Q: I live really far away from meetings. How can I stay connected and clean?

A: Addiction is a disease that loves to grow in isolation. However, even if you are far away, you can absolutely stay clean and find a new way to live. Today, we have more tools than ever to stay connected. You can attend virtual meetings online, call other recovering addicts on the phone, or even write letters.

Reading NA literature every day is another great way to keep your focus on recovery when an in-person meeting is just not possible.

Q: I heard some people gossiping about me at my meeting. Should I just quit going?

A: Please do not quit going! In our program, we share a lot about our personal lives, so we kind of live in a glass house.

If you leave the group to avoid gossip, you will rob yourself of the love, friendship, and recovery experience that NA has to offer.

The best way to handle gossip is to keep living your life based on spiritual principles. As you grow more secure in your own recovery, the opinions of others will bother you a lot less.

By: Victor V.

ARTIFICIAL INTELLIGENCE IN NARCOTICS ANONYMOUS

Introduction

The power and uses of artificial intelligence, in particular Large Language Models, has exploded in the past months and years. AI is already impacting Narcotics Anonymous, and it seems likely that these impacts will grow enormously. There are specific decisions regarding AI that will need to be made by NA service bodies; but there will be others that will likely be made simply by individual members, or members and their sponsors. We've started having conversations in our groups and service meetings about these decisions, and AI in NA more generally, and we will likely need many more in the future.

This article is the first in a series for the Seattle Area newsletter on AI in NA, and is intended to be one contribution to these discussions. The focus of this first article is a motion at the NA World Service Conference that was held last month on using AI for language translation at the WSC. In subsequent articles, we'll take up other existing and proposed applications of AI in NA, chosen to represent some of the broad range of possibilities, and ones that seem (at least to us) to be good (appropriate) uses of AI in NA, others that seem like bad (inappropriate) uses, and still others that are really up for debate.

We'll try to ground this in the principles of the program, in particular the spiritual principles of humility, discernment, responsibility, anonymity, and patience; and a cornerstone of our program as put forth in the Little White Booklet and often read as part of the preamble of each meeting: "The therapeutic value of one addict helping another is without parallel."

NA does change, and that is good. But we also change slowly, and that also has its own built-in wisdom. So a careful and deliberate approach seems best: not panicking that we need to hop fully on the AI bandwagon right away lest we be left behind, but also not saying this is a technology we just need to avoid altogether. Humility (as always) is essential: we don't know what the future will bring, but we make the best decisions we can, guided by our Higher Power, group conscience, and the principles of our program. Discernment – deciding when to use AI, and when not to use it – is also key. In any case, we advocate that AI should never be a substitute for human connection. Further, a trusted servant or service body should take responsibility for AI applications, rather than abdicating responsibility to the AI. Ideally an AI system would be used as a tool to make some task easier or faster, rather than replacing humans entirely, and one or more people are able to check the results of what it did rather than assuming they are correct.

Disclaimer: these articles are just our personal opinions, and do not speak for NA as a whole or any NA service body.

Motion 5: Using AI for Interpreting World Service Conference Meetings

The World Service Conference includes NA service representatives from all over the world, speaking many different languages. One of the motions that was considered at the WSC last month (May 2026) was Motion 5, made by South Florida Region with co-makers Iran, UK, and Nepal: "To direct the World Board, to implement artificial intelligence (AI) interpretation solutions for WSC meetings (both in-person and virtual) to replace the current human live language interpretation." Both the original motion, as well as two proposed amendments, were in the end turned down. More about the motion can be found in the WSC 2026 Conference Agenda Report, pages 46-47; the results of the votes at the WSC are reported in "WSC 2026 Summary of Decisions" (<https://na.org/conference/>).

The intent of the motion, as stated by the makers, is "To eliminate language barriers, ensuring that all voices are heard globally, enhancing our communication and time efficiency during business meetings. This initiative also aims to reduce the risk of human interpretation errors and potential absences during our sessions."

One of the concerns raised by the World Board in response regards preserving the human connection that is fundamental in our Fellowship. The Board noted that "Human interpreters, nearly always NA members, bring accuracy, cultural understanding, and a spiritual connection that technology cannot replicate. ... WSC interpreters do far more than translate – they convey recovery concepts, emotional tones, and cultural nuances vital to understanding. ... Current technology also struggles with accuracy, speed, and context—especially with our specialized recovery language."

The Board was also concerned that a rigid policy, adopted via a CAR motion, is inappropriate at this time, but it didn't reject the use of AI tools for translation altogether. "AI tools could be explored as supplements—not replacements—in smaller settings or between conferences, but mandating them now, without trials or research, is premature."

The Board also raised concerns about privacy and lack of grounding in our Traditions: "Conference discussions sometimes include sensitive matters. AI-based systems pose potential privacy risks and lack the understanding of NA's Traditions that human interpreters bring."

This was just one of many decisions we as a fellowship will need to make regarding AI. Perhaps more important than its outcome was the discussion around it and its grounding in spiritual principles, in particular discernment, responsibility, humility, anonymity, and patience.

To Be Continued ...

This is the first in a series of articles on this topic. Next up: NA sponsorbots?

By: Victor V. and Alan B.

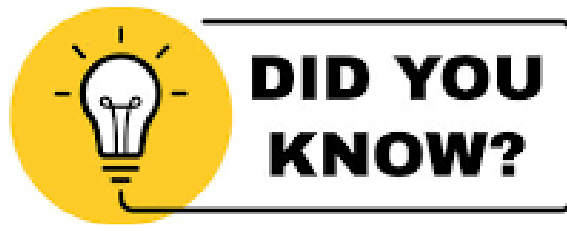
Know Your Trusted Servants

CLICK RED BUTTON BELOW TO NAVIGATE TO THE PAGE

Volunteer Name	Committee Role	Email	Last Update
Jill M.	Chair	area-chair@seattlena.org	1/4/2026
Nick W.	Vice Chair	vice-chair@seattlena.org	1/4/2026
Lucas B.	Recording Secretary	secretary@seattlena.org	1/4/2026
Nick M.	Assistant Recording Secretary	assistant-secretary@seattlena.org	4/12/2026
Robyn A.	Treasurer	treasurer@seattlena.org	6/7/2026
Vanna	Asst. Treasurer		6/7/2026
Kristen C.	Unity Day Chair	unityday@seattlena.org	10/5/2025
Matt J.	PR Chair	prchair@seattlena.org	1/25/2026
OPEN	PR Vice Chair	prvicechair@seattlena.org	Open
Deborah S.	Literature Chair	literature@seattlena.org	6/7/2026
Andres A.	RCM1	rcm1@seattlena.org	10/5/2025
Korry B.	RCM2	rcm1@seattlena.org	1/4/2026
Dylan S.	C&E Chair	cande@seattlena.org	10/5/2025
Michelle C.	Fellowship Development Chair		10/5/2025
Victor V.	Newletter Cooridinator	newsletter@seattlena.org	1/25/2026
Eric L.	Assistant Newsletter Coordinator	newsletter@seattlena.org	1/25/2026

Use the QR Code to get to the SASC Page and learn about all about the seattle area service committee





PR and PI – Taking NA Into the World

The purpose of the Public Relations subcommittee (which contains H&I and Public Information, Helpline, Schedules and Web services) is to serve the NA groups and the community, to ensure the message of recovery reaches all those who might benefit. Our external goals include:

- To demonstrate NA as an effective, reliable program,
- Inform professionals through outreach,
- Build and maintain relationships with the community and
- Carry the NA message to those without access to meetings.

In the past quarter, we have been working to fulfill our purpose in the following ways:

Helpline, Schedules and Web coordinators

The helpline, schedules and web coordinators work to maintain services that provide members and prospective members with information that help them find meetings, events and know more about both Seattle NA and NA in general. If you want to know more about what is happening in the area, region and world, check out the events calendar on seattlena.org! You can also reach out to the web servants with events and updates at web@seattlena.org

We just picked up the new spring schedules and they are available at area through the literature committee!

Hospitals & Institutions (H&I)

The H&I committee currently runs 19 panels a month and are working with both DSHS and UW Medical to start panels in new facilities including detox centers, UW NW Hospitals civil commitment floors and UW Harborview Hospital. The H&I committee is also working with King County to take panels back into King County jails.

The H&I committee is always looking for new speakers, people to become panel leaders and take panels into facilities and also people to be of service within the committee. If you are interested in knowing more, you can email h-and-i@seattlena.org

Public Information (PI)

While H&I focuses on taking the message into places where addicts cannot get out to meetings, PI focuses on getting our message out to the community. This quarter that includes attending the Roosevelt High school mental health fair and working to set up monthly presentations (with help from H&I) to people undergoing IOP at Lakeside Milam Eastlake.

Public information has also put together 500 frontline workers packets that include NA business cards, schedules and IPs which we have started distributing to hospitals, fire houses and police stations so that they can be provided to people in need.

If you want to know more or want to get involved in carrying the NA message out in the world, please feel free to contact the committee at pr-chair@seattlena.org

RECOVERY BINGO

how many can you mark off this issue?

R	E	C	O	V
Called your sponsor first, not last	Helped set up or break down a meeting	Sat with a craving instead of using	Welcomed a newcomer with "Keep coming back"	Made an amend without over-explaining
Wrote on a step or tradition	Said yes to a service commitment	Read from the Basic Text	Remembered "We do recover"	Showed up to your home group
Greeted someone new at the door	Worked on a step with your sponsor	FREE SPACE	Took a newcomer's number	Told on yourself before the disease did
Said "one day at a time" and meant it	Showed up early, stayed late	Shared honestly in a meeting	Picked up a keytag (yours or someone else's)	Asked for help before things got bad
Turned it over to your Higher Power	Got vulnerable in a share	Read today's page in "Just for Today"	Called another addict just to check in	Made it through a hard day clean

mark a square, get a buddy to verify, bring it to a meeting — five in a row wins bragging rights

**Engage the
QR Code!**

TO PLAY BINGO ONLINE



PROTECTING THE NEWCOMER FROM PREDATORY BEHAVIOR

BY: VICTOR V.

A Safe Place to Heal

When we walk into an NA meeting, we look for a safe place. We need a secure spot to focus on recovery and build a new life. Sadly, our rooms sometimes face the same problems as the outside world. One big issue we face today is predatory behavior.

What is Predatory Behavior?

Predatory behavior takes many forms, but it always hurts people. It happens when someone takes advantage of a vulnerable member. This can look like bullying or financial scams. It also includes unwelcome sexual or romantic advances. Many members call this thirteenth stepping. Right now, NA members are sharing ideas for new literature about this topic. The goal is to help us clearly identify bad behavior and create a safe environment for everyone. Any action that takes advantage of another member is predatory.

Why It Hurts Our Groups

Our Fifth Tradition states that our primary purpose is to carry the message to the addict who still suffers. Predatory behavior directly blocks that purpose. Addicts already struggle with trust and fear when they first arrive. When members face harassment or feel unsafe, they might slip away and never come back. We want to make sure everyone feels welcome in our groups. For a suffering addict, being driven away from NA can be a matter of life and death.

Standing Up and Speaking Out

Because the stakes are so high, we must stay alert. Protecting our newcomers and vulnerable members is a core duty for all of us. Our First Tradition reminds us that our common welfare should come first. We cannot just look the other way when we see someone being mistreated. What can we do to stop this? First, we must speak up. Members should share their concerns with a meeting leader or a trusted servant. If you ever feel harassed or threatened, please tell someone you trust.

Using the Group Conscience

Your home group can also help solve this problem. You can discuss the issue at your local group business meeting. Together, the group can figure out how to address predatory behavior and make decisions to protect the meeting. We have a shared responsibility to keep NA safe. Every NA member has a right to recover in dignity and be treated as an equal. By standing up against predatory behavior, we keep our doors open and our message strong.



**PREDATORY
BEHAVIOR**

IN ALL OUR AFFAIRS: ONE ADDICTS EXPERIENCE WITH THE 2ND TRADITION

"For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

In my early recovery, the steps took center stage. They were the core of my program. I heard time and time again the importance of the fundamentals: working the steps with a sponsor, having a home group and service position, and building a fellowship of other addicts I could rely on. I was willing enough to try these things and began to understand, through experience, that they could help me stay clean one day at a time. It wasn't until recently that the value of the Traditions became clearer. Two decisions were the catalyst for this change: deepening my involvement in service and joining a traditions study group. I am still green in my service experience, but I have been able to witness addicts collaborate and navigate conflict using the Traditions. Likewise, my study group has illuminated their importance to both our common welfare and my personal recovery.

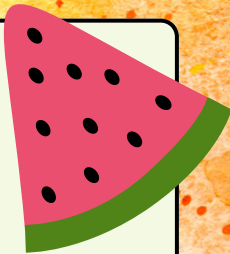
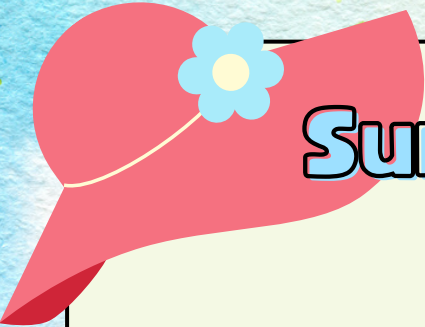
Last month, we discussed the Second Tradition in my study group. We talked about how challenging it can be to embody and how much acceptance and humility it requires. I still had questions. I had seen the group conscience make mistakes that maybe a strong-willed individual could have avoided. Weren't there times when it was better to seize control?

A fellow addict shared his experience. He told me how important it was for addicts to feel included and united. He spoke of times when he thought he knew better but allowed the group conscience to guide the group and was pleasantly surprised by the results. His experience showed me that the process of group conscience is just as vital as the results it produces.

Since that night, I have sought to practice this Tradition in all my affairs. Just this week, my boss was giving me constructive feedback, and instead of becoming defensive, I thought of the Second Tradition. Remembering that I don't always have to be right helped me listen, de-escalate, and focus on working together. Bringing an attitude of collaboration to my work, family, friends, and fellowship has changed the way I participate in my relationships and what I get out of them.

"Intimacy develops through shared experience. Despite differences of opinion or style, we are united by our love for Narcotics Anonymous and our shared sense of responsibility for our primary purpose." — Guiding Principles, p. 25

-Zach W.



Summer Sunshine events

July & August Activities

July 4th

Seattle Area Unity presents the 4th of July Picnic. @ Hamlin Park, 16006 15th Ave NE, Shoreline. 11:00am - 4:00pm. Food at 12pm. Come hang out for a few hours of fun, food, & fellowship. \$10 dollars suggested donation. It's a BBQ potluck, so please bring a dish. Kids' games, raffles, & much, much, more.

July 9th-12th

Braless and Flawless Woman's Retreat 2026 By worthy Women NA Meeting in Moses Lake, WA Location: Priest Lake in Nordman, IDaho. Registration: \$45, Call: (509) 750-1681

July 17th - 19th

Peace in The Pines campout. Contact Patrick S: (509) 740-1051 for information. Dinner included Saturday night & breakfast Sunday morning. 5th annual double-blind horse shoe tournament. Swimming, fishing, hiking, fellowship & central bonfire. 3 guests speakers from all over the state. Raffle & auction. No pets.

August 8th

Day of the Dinosuars Speaker Jam!! Old Timers with 20+ Years Clean. Edmonds Lutheran Church 23525 84th Ave. W, Edmonds, WA 98026. Call Ally L. (425) 407-8005 for info.

August 12th - 16th

Recovery Quest Men's Retreat. Registration includes: Cabin and tent camping, meals, raffle & auction, pinochle tournament, horseshoe tournament, lake access, speakers, and workshops. Call: Mike S(360) 431-8481 or Kyle: (503) 757-2654 for info

August 26th

Conscious Contact 8th Anniversary BBQ & Speaker. 6:30pm BBQ. Eight (8) Speakers. @ First Christian Church of Puyallup, 623 Ninth Ave SW, Puyallup, WA 98371

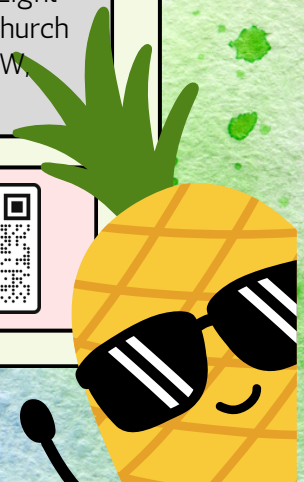


QR Codes For Calendar Access

**JULY
CALENDAR**



**AUGUST
CALENDAR**



BREAKING NEWS

ISSUE 02



SEATTLENA.ORG



MAY-JUNE 2026

MEETINGS THAT NEED YOUR SUPPORT

VIRTUAL **MEETINGS**

Monday thru Sunday

12:00 pm - 1:30 pm

Needs Support

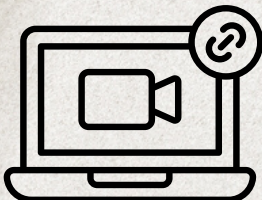
Hope Fiends

Seattle, WA, 98133

Zoom Meeting ID: 108 261 693

Meets Virtually

<https://zoom.us/j/108261693>



PHYSICAL **MEETINGS**

Sunday

3:00 pm - 4:00 pm

Needs Support

The Journey Continues (New)

Fountain Court Apartments

2400 4th Ave, Seattle, WA, 98121

Meeting held in community room. Gate
code 9992. Street parking is free.

Sunday

6:30 pm - 7:45 pm

Needs support.

Sunday Night Underground NEW!

The Other Place

235 SW 153rd St., Burien, WA, 98166

Entrance in Back Alley

BREAKING NEWS

ISSUE 02



SEATTLENA.ORG



MAY-JUNE 2026

MEETINGS THAT NEED YOUR SUPPORT

Sunday
7:00 pm - 8:30 pm
Needs Support
Carry The Message (New)
Hope Hall
8305 Meadowbrook Way SE,
Snoqualmie, WA, 98065

PHYSICAL MEETINGS

Wednesday
7:00 pm - 8:15 pm
Needs Support
RVNA New Experience
El Centro de la Raza
2524 16th Ave S, Seattle, WA, 98144

Monday
7:00 pm - 8:15 pm
Needs Support
Last House On The Block
Ronald United Methodist Church
17839 Aurora Ave N, Shoreline,
WA, 98133
Meeting room at rear carpark. Bus:
348, E Line

Monday
7:00 pm - 8:30 pm
Needs Support
NA Regulars
Central Lutheran Church
1710 11th Ave, Seattle, WA, 98122
Bus: 7, 9, 10, 14, 43, 49, & 60

Saturday
4:00 pm - 5:00 pm
Needs Support
What's In The Bag
Eastside Alano Club - Back Room
12302 NE 8th St, Bellevue, WA,
98005

DEAR ANONYMOUS

THE HOME GROUP



BUSINESS MEETING ETIQUETTE

Ever wonder how an NA group keeps its doors open? It all happens at the group business meeting! The main goal is simple. We take care of group business so our regular meetings stay focused on carrying the NA message of recovery.

Usually, we hold these meetings right before or right after a regular recovery meeting. This keeps business from distracting us. Every member is invited to attend, ask questions, and join the discussion. The group picks a leader, and trusted servants give their reports.

Most importantly, we seek a group conscience. This is how we invite a loving Higher Power to guide our choices. Come join us! Your voice helps keep the door open today.

By: Victor V.

DO'S:

- STICK TO A PLANNED AGENDA: GUIDE THE GROUP THROUGH OLD AND NEW BUSINESS ITEMS SO EVERYONE CAN SHARE THEIR VOICE AND STAY FOCUSED ON OUR PRIMARY PURPOSE
- SEEK A SPIRITUAL GROUP CONSCIENCE: INVITE A LOVING HIGHER POWER TO GUIDE OUR DECISIONS SO THE GROUP REMAINS UNITED AND STRONG DURING ITS EFFORTS TO HELP
- CHECK GROUP FINANCES: READ THE TREASURER'S REPORT TO ENSURE THAT ALL GROUP FUNDS ARE MANAGED RESPONSIBLY AND PAY FOR ALL THE MEETING NEEDS
- LISTEN TO THE SERVICE REPORTS: GIVE YOUR FULL ATTENTION TO THE GSR AND OTHER TRUSTED SERVANTS SO YOU CAN UNDERSTAND WHAT IS HAPPENING OUTSIDE THE GROUP
- SPEAK UP DURING THE DISCUSSIONS: EACH MEMBER'S VOICE IS VITAL WHEN DEBATING OLD AND NEW BUSINESS TO ENSURE A FULLY INFORMED GROUP CONSCIENCE

DON'TS

- LET BUSINESS DISTRACT THE GROUP: DON'T LET MONEY, RULES, OR FIGHTS DISTRACT THE MEETING FROM THE PRIMARY PURPOSE OF HELPING SUFFERING ADDICTS.
- ACT LIKE YOU ARE THE BOSS NOW: OUR LEADERS ARE JUST TRUSTED SERVANTS AND THEY DO NOT GOVERN; NO ONE SHOULD EVER TRY TO CONTROL THE NA GROUP.
- MAKE HASTY OR RADICAL CHOICES: DON'T RUSH TO MAKE BIG CHANGES OR QUICK FIXES FOR ANY PROBLEMS; PATIENCE AND ACCEPTANCE WILL SERVE THE NA GROUP WELL.
- HOARD THE GROUP'S EXTRA FUNDS: AVOID KEEPING TOO MUCH MONEY IN THE TILL; PLEASE PASS EXTRA FUNDS TO OTHER SERVICE LEVELS TO HELP CARRY THE NA MESSAGE.
- IGNORE THE LONE DISSENTING VOICE: DON'T SHUT DOWN THOSE WHO DISAGREE WITH THE GROUP; IT'S VERY VITAL TO HEAR ALL VIEWPOINTS TO BUILD A TRUE GROUP CONSCIENCE.
- ARGUE OVER ANY OUTSIDE ISSUES: NEVER LET THE GROUP GET DRAGGED INTO PUBLIC DEBATES OR OUTSIDE FIGHTS; WE MUST REMAIN NEUTRAL SO WE CAN FOCUS STRICTLY ON RECOVERY

DEAR ANONYMOUS



TOP ONE-LINERS

FROM THE ROOMS OF SEATTLE NA

BY: ERIC L.

IT MIGHT NOT BE EASY,
BUT IT'S SIMPLE.
BY: KIM, SEATTLE

20 MILES INTO THE
WOODS SO IT'S 20
MILES OUT
CURTIS -EVERETT

IF I DON'T STAY
CONNECTED, I'M GOING
TO GET DISCONNECTED.
BY: ANONYMOUS

CONTROL ENDS
WHERE MY SKIN
BEGINS.
BY: CHRIS, IOWA

THIS IS A BRAINWASHING
PROGRAM. BUT AFTER A
WHILE I REALIZED MY
BRAIN NEEDED TO BE
WASHED. BY: ANONYMOUS

WHEN I TURN THE
"WE" THING INTO A
"ME" THING: I AM IN
TROUBLE.
BY: ANONYMOUS

NO ONE'S EVER DIED
WORKING A 4TH
STEP, BUT WE'VE
STEPPED OVER
COUNTLESS BODIES
OF PEOPLE WHO
REFUSED TO WORK IT.
BY: ROBERT, EVERETT