

## Why should I get involved?

*H&I offers us the opportunity to show our gratitude: to be responsible, and to learn to share the NA message with no strings attached. For those off us involved, H&I service is seen as an effective tool that helps us stay clean and keep coming back.*

*The H&I message is no different than the NA message: That an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. The most important gift we can share is that there is hope and freedom from active addiction in Narcotics Anonymous. Any NA member who wants to carry this message is encouraged to look into service through H&I. There are many ways to serve NA, but many of us have found H&I service to be the most rewarding part of our recovery.*

Why should you get involved in H&I?

Because it's simple. No notes to take (or forget), no budget to worry about, very little special training (Volincor) required. Basically, it's just you doing an NA meeting with a bunch of addicts. No guns, no guards, no worries!

Because it's easy. One evening a month is all we ask for most H&I commitments. You arrive at the meeting room, everything is set up for you already, conduct a meeting, and share your recovery in NA. Not a good public speaker? No problem, you can read from NA literature.

Because it's cool. As a member of H&I, you join a worldwide fellowship of *Very Special People*, who share a deep spiritual connection. When you meet a recovering addict from Arizona or Calcutta, who is into H&I, nothing more needs to be said; *we know!* And let me tell you, as a conversation starter among normies, volunteering in prison is way cool.

Because the addicts are grateful. Nobody complains about how lousy the NA meeting is in prison. They only express regret when we *don't* show up! And they all know that this is the *last* place they would come on their free time, so they appreciate your commitment.

Because it builds character. You feel responsible. You feel like you're giving back to the society that you took so much from. You stay humble, because at the end of the meeting, you can leave the facility when everyone else can't. You dress neatly, you speak cleanly, you represent something the inmates desperately want to be themselves.

Because it's not forever. Do it for a year. Do it for six months. Sure, you can burn out in H&I service. But, just think: the more H&I members we have

actively working, the less each one needs to commit. And we have H&I gigs on most weekday evenings, and some weekends, too, so you can rotate commitments to fit your changing schedule.

Because your higher power asks you to. Many of our H&I members have never been incarcerated themselves, yet experience a profound spiritual satisfaction doing H&I service in prisons. There are many, many addicts who cannot break the cycle of using and being imprisoned. Even in the treatment centers, many addicts are desperate for the message that will finally free them from the patterns of behavior that trap them. In this state of desperation, they are perhaps most able to hear our message of recovery. It is a deep disappointment that those so hungry for recovery should go unfed.

God needs your help. The ultimate weapon for recovery is the recovering addict. Our brothers and sisters in the prisons and treatment centers will more readily identify with and believe the live H&I member that has proven the program works for themselves. More than all the books, psychiatrists, therapists, churches and programs cooked up by non-addicts, they hear us. Prove it to yourself; this program works. Don't shortchange yourself by stopping at the eleventh step. Carry the message: we do recover.