



**In this issue:**

*Recovery stories*

*National Convention*

*PR&HI in Azores*

*And a lot more*





# SERVICE EDITORS

## EDITORIAL

Alexandra T. - GRATEFUL ADDICT

And, in the blink of an eye, we're already halfway through the year and at our sixth issue of the magazine's new era.

This issue is packed with great content: in addition to the usual recovery stories, we have a report on the national convention, another on the one in the United Kingdom, plus one on the first one in Morocco, articles on the Zambujeira gathering, the scourge plaguing the Azores and RPHI's work there, a summary of what was discussed at WCS 2026, and, believe it or not, much more.

It's going to be hard to decide where to start!

Finally, we appeal to everyone once again: contribute!

The magazine is yours.

+24hrs.

If you'd like to see your story published, or send in an opinion, ideas, or even drawings, contact us by email: [serenidade@na-pt.org](mailto:serenidade@na-pt.org)



**WE ARE LOOKING FOR  
YOU**

**AREA  
CORRESPONDENTS**

- *Being in recovery*
- *Attending meetings*
- *Ability to listen and plead*
- *Knowledge of what's going on in your area (excluding gossip)*

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Miguel

Clean  
&  
Serene

## Recovering through service

I've been a member of N.A. since 1997, and when I first arrived, my whole life was in shambles and out of control on every level (family, social, work, spiritual... well, after 16 years of active addiction, you can imagine!!!)

The first meeting I attended was in Santa Maria da Feira, where they immediately suggested I do service; I confess that at the time it didn't make much sense to me.

Some older members gathered around and told me that I would only recover through service; I smiled at them and said yes, since I had nothing to lose, and I started making coffee at Santo Ovídio.

And that's when the meetings started to become part of my life, and when fellow members began to enter my life; they even thanked me for the coffee! That helped me socialize, and the phrase "Together We Can" began to make sense.

After that, I took on the role of Literature Coordinator in Ovar—where I carried a brown briefcase that I thought was absolutely beautiful and that gave me a sense of belonging. It all started there, at that meeting: I walked down the street with that briefcase, feeling immensely proud.

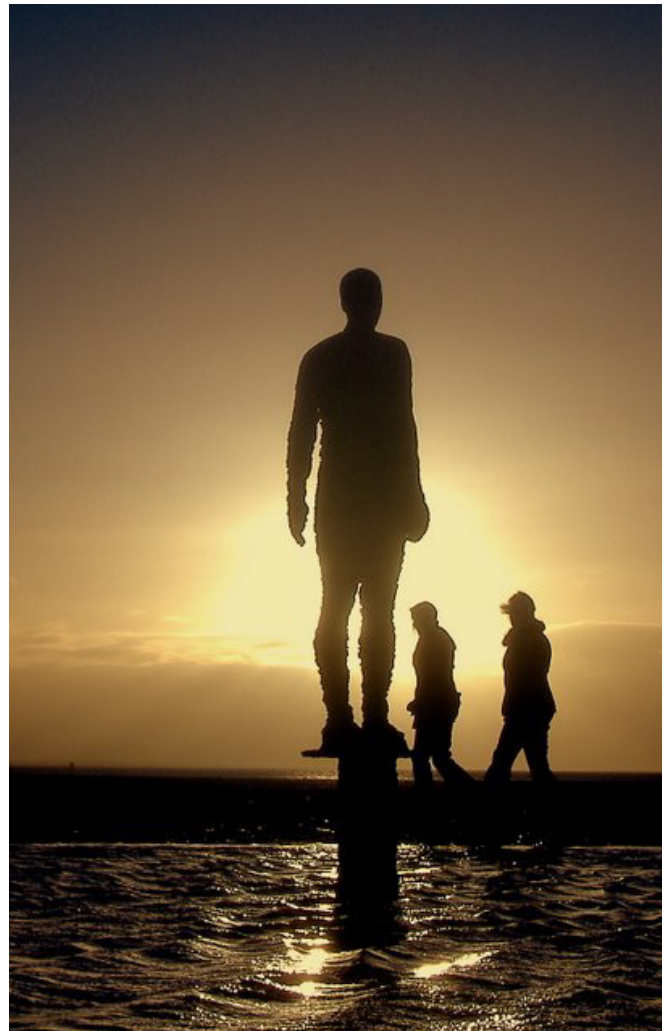
I'd even park my car a little ways away from the meeting because of that brown briefcase! Responsibility also became part of my recovery, and I started thinking about the other people around me.

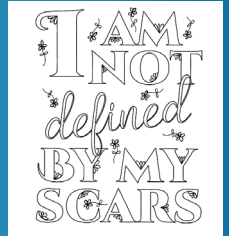
Service is truly important...

It's been quite a journey—with service ALWAYS at the forefront: because I've realized that it not only guides me toward generosity, compassion, and empathy—but also helps me maintain a clear perspective on what Recovery is all about.

The Essence of Recovery is Magical.

Grateful, + 24h





## Home in No One's Land

When I received the invitation to write this article, I thought I would write about living abroad, cultural adaptation, and what it's like to live between countries.

But as I began writing, I realized that what I really wanted to talk about was what remained: the online meetings and the people who, over the past four years, have become HOME.

Four years ago, I decided to take an unpaid leave of absence and pursue a dream.

That dream involved moving to another country and going to the Middle East.

Before moving to Oman, while I was planning and organizing my first few weeks in Muscat, I joined an online meeting in English with about 500 people. For the first time, I turned on my microphone to ask for help. I asked if anyone knew people in recovery in Muscat. Someone from Turkey sent me a message and ended up connecting me with another person who lived there.

Two or three days after arriving in Oman, that person picked me up from work to take me to an in-person meeting. It was my first meeting in Arabic. I remember perfectly the peace, warmth, and love I felt the moment I walked into that room. That sense of belonging calmed me after the culture shock and the realization of how far away I was from my family and from all the people who, up until that point, had been the most important in my life.

All of this was done to start a new career, in a profession more in line with my true nature and with the new way of being in life that I've been building during my recovery.

Even so, and because it's recommended to listen—and the only thing I listened to in Arabic was music—I felt the need to start attending meetings in a language where I could truly understand what was being shared. In Oman, that would have to be in English. The only in-person meeting in English that existed was attended mostly by men, and I ended up not feeling entirely comfortable there.

Over the past four years, my physical and geographic location has changed several times, and it was through online meetings that I was able to stay connected to recovery. That's where I found a home in no man's land.

I started attending two or three online meetings a week, which quickly became part of my routine, my structure, and my foundation. It was at one of those meetings that I met my current sponsor—in one of those coincidences that I believe were orchestrated by a higher power.

It was also during these meetings that I learned to be more open-minded and to accept that there are a thousand and one ways to experience recovery. Mine is neither better nor worse than anyone else's. It's simply mine—and the one that has worked for me so far.

In fact, it's in these online meetings in English and Portuguese that I feel most connected to myself, to my Higher Power, and to the program. These are meetings where I'm able to have more compassion for my own process and where I feel proud of all the challenges I've overcome. It's in these meetings that I feel gratitude for living this program to the best of my ability in every area of my life.

It's also in these meetings that I feel at home. Where I don't need to explain too much context, because people already know my journey, my struggles, my changes, and the person I've become over the past four years. Because it's clear that I'm no longer the same person who left.

When I return to Portugal and go back to the in-person meetings I used to attend at the beginning of my recovery, I sometimes find it hard to find my place again. It's strange to realize that, even though I'm "home," a part of me has changed profoundly over the past four years.

And perhaps that is precisely where, at times, the feeling of being in no man's land arises.

Even so, these rooms still have something deeply familiar about them. They continue to remind me of who I was, where I came from, and the essence of the person I still am. They serve as a safe haven, offering that warmth and love that many of us feel when we first walk into a Narcotics Anonymous meeting.

It is to these meetings that I keep returning whenever I feel lost, adrift, or without purpose. Because, somehow, it is there that I always find my way again.

I celebrated my five-year recovery anniversary in Muscat. My six- and seven-year anniversaries in Abu Dhabi.

Filipa C.



## Home in No One's Land

During those years, I also took several trips on my own—Sri Lanka, Bali, Switzerland—places where I was often amazed to find myself there without needing someone by my side to move forward.

In all those moments, my connection to Narcotics Anonymous remained the same: online meetings and the phone.

It was also during my second year in Abu Dhabi that I came to understand even more deeply the impact that online meetings can have on someone's life.

During a trip to Bali, my brother—who is also an addict—reached out to me after yet another episode of negative consequences related to his substance abuse. I remember feeling completely helpless in the face of the situation, not really knowing how to help from a distance.

At that moment, the only thing I could do was share with him the Narcotics Anonymous website that provided access to online meetings.

And that was precisely where his recovery process began.

Even while in Bali, he managed to hold daily meetings throughout that nearly three-week trip. He stayed clean during that time and eventually began his own journey toward recovery.

Perhaps that was one of the moments when I realized, more deeply than ever, that recovery can span countries, time zones, and continents. And that, no matter where we are, there's always the possibility of finding help, connection, and hope.

In Abu Dhabi, in-person meetings were eventually suspended. There were very strict government guidelines, and there came a time when I was genuinely afraid to continue attending them. That's when online meetings stopped being just an alternative and became a true bridge of emotional continuity—a way to stay connected to people and the program, no matter which country I was in.

Over the past four years, the need for a sense of belonging, for a hug, and for connection has led me to meet extraordinary people through this program. People who know where I come from, how my mind works, and what my greatest struggles are.

People who have stood by me during what was probably the most challenging period of my life since I've been in recovery: living and adapting to life in the Middle East, far from those I love most.

Later on, I also felt the need to reclaim some sense of identity and to start sharing again in my native language. Because sharing in Portuguese is different. There's less linguistic fatigue, less need for emotional translation, and a greater sense of security and belonging.

Interestingly, while writing this article, I found myself reaching out to many of these people again. People from the United States, Oman, and Saudi Arabia whom I met through meetings, conventions, and this journey of recovery outside of Portugal.

Perhaps because talking to them reminds me of the person I've become over the past four years—of the courage I discovered within myself to travel alone, start over in different countries, and build a life completely outside of what I knew.

There was a time in my life when I couldn't take a single step without having someone by my side. Today, I look back and am still amazed by everything I've been able to accomplish.

And perhaps that is precisely why these people continue to mean so much to me. Because, no matter what country I'm in or where life takes me, I know that, alongside my higher power, these gatherings and these people will always be with me.

And perhaps that is precisely what I take away most from these past few years: the realization that this program thrives on people. And that, no matter what country I'm in, what really matters is still the people I choose to walk with.

Vitor M.



## Illness in Recovery

My name is Vitor, and I'm a recovering addict.

In October 2022, I suffered a degenerative meniscus tear, which forced me to stop working and stay home on sick leave. Because it was degenerative in nature, the orthopedist opted for a conservative approach involving rest, since surgery, in my case, offered no guarantee of success or a resolution to the problem.

I was bedridden for two months, in excruciating pain and practically unable to find a comfortable sleeping position. None of the painkillers prescribed to me relieved the pain, so I decided to stop taking them. I felt discouraged, but I was hopeful that things would return to normal in five or six months.

I tried to find something positive in the midst of all this: I remembered that I had decided to quit smoking on New Year's Eve; I chose to take advantage of being at home, free from the stress of work, and quit smoking on November 11, instead of waiting until the end of the year.

In mid-December, my right leg swelled up tremendously, and the pain reached a level I didn't even know was possible. I couldn't even put my foot on the floor to go to the bathroom. I thought it might be a torn meniscus and waited a week for my appointment.

I was diagnosed with DVT (Deep Vein Thrombosis). I had two veins that were completely blocked by clots and another that was partially blocked. For the first time, I heard someone say, "You know you could have died—you were very lucky!!"

After receiving this diagnosis, things became complicated on a mental and emotional level. My father died of a pulmonary embolism; he had taken blood thinners his whole life to keep his blood "thin," and I had a sister whom I'd always known to be bedridden, paralyzed on her right side, and unable to speak—precisely because she'd had a thrombosis.

Fears and paranoia set in; I was extremely scared and felt I could die at any moment.

Above all, this episode made me acutely aware of my mortality as a human being; after all, even while in recovery, I could die, just like anyone else. I also realized that I had lived my 25 years of recovery as if I had always been 30 years old.

At 55, my body finally gave out and surrendered.

After three months at home, without even realizing it, I was slipping into depression. The alarm bells went off when my wife (who isn't an addict) told me: "No one can stand you anymore; you're becoming impossible. You should see a psychiatrist and take some tranquilizers to see if you feel better!!!"

I felt all the warning bells I'd developed in recovery go off; I thanked her for the wake-up call and immediately realized what I had to do: break out of my isolation, go back to attending in-person meetings every day, share with other addicts, ask for help, and trust that my Higher Power would restore my sanity; I felt like a newcomer again—afraid and ashamed to walk into a meeting full of strangers and have to share—but I faced my fears and shame, and I am immensely grateful to the Algarve fellowship for welcoming me and making me feel at home with so much love and care.

Since I stopped working and quit smoking, I gained 15kg. Every day in the elevator, I'd come face-to-face with a bald, overweight man who forced me to confront my reality. It took me about six months to accept that the guy in the mirror was me. It was a difficult time, with my self-esteem at an all-time low.

During that first year on medical leave, I ended up in the hospital emergency room three times; I heard the same phrase again and again: "Do you realize you could have died? You were so lucky!!!" I remember thinking: I am very lucky, indeed; what I have is an enormous and most loving Higher Power that continues to watch over me—but I'm not going to explain to you how it works, hahahaha.

Today I realize why I didn't die back then. A year later, while we were away celebrating my wife's birthday, I woke up to a noise coming from the bathroom in the middle of the night; I was alone in bed, and I called out a few times for her, for my daughter, and for her son, but no one answered.

I got up and found her unconscious, collapsed on the bathroom floor. It was 3 or 4 in the morning, and, keeping my cool, I revived her and managed to keep her awake—with some difficulty—until she came back to her senses. I remember later, during a conversation, telling her: "If I'd been using, I probably wouldn't have heard a thing—and I wouldn't have been able to save you!" Her response was very assertive: "If you were using drugs, you wouldn't even be home!"

Victor M.

Together  
WE  
CAN

## Illness in Recovery

The following year, my brother had a stroke, and after a few months, thinking he had recovered, he came to spend a few days on vacation at a house he owns here in the Algarve; he had another stroke and was admitted to the hospital already suffering from kidney failure.

It was my chance to support him, since I was still unemployed and had free time.

I picked him up from the hospital when he was discharged, and I remembered to take a photo—without him knowing—of the medical report they gave him when he left.

Here's my heartfelt thanks to the NA member who offered to drive me in his own car from the Algarve to Lisbon, and then bring me back when I took my brother home in his car. (This is Love in the form of Friendship.)

All this to say that, a month later, I was in Lisbon at Gare do Oriente with my daughter, boarding a bus at 3 p.m. to head to the Algarve, when someone sent me a message, very worried, saying that my brother had come to the Algarve and hadn't been responding to messages or phone calls since 10 a.m. Just like the other person, I immediately had a "feeling" that something wasn't right.

I remember trying to calm the other person down and telling them I'd find out what was going on. I took a deep breath, called my wife—who was teaching in the Algarve—and asked her to go to our house, grab the spare key to my brother's place that she had there, and go check on him.

She found him collapsed in the bathroom, semi-conscious, unable to move or make any sense. She called the emergency services, and when they arrived, she couldn't answer the doctor's questions about my brother's condition and medical history.

He called me, and I was able to send him the photos of the hospital medical report from a month earlier—the one I'd photographed without anyone knowing; and that's how, with all the necessary information, they were able to administer first aid and take him to the hospital again.

There are no accidents, no luck, and no coincidences; I'm alive because my Higher Power is the one who guides my life.

Often I don't understand what's happening to me, or what the plan or purpose of things is.

I've been out of work for three years; I'm physically unable to return to my previous job, so I took the opportunity to study and take some courses; during this process, I ended up saving two lives; I reintegrated into the NA community, made new friends, and found some peace and acceptance in the midst of it all.

These days, I don't ask my Higher Power for anything; I just give thanks. I do service in PR&HI, attend meetings regularly, work the program as best I can, help newcomers, and I'm a guy who's at peace with life.

To wrap things up, here's the old adage: my Higher Power doesn't give me anything I can't handle!!!

This is the message of hope I leave with you, and...  
**THE BEST IS YET TO COME!!!**

Thank you to each and every one of you, and to NA as a whole, for letting me be a part of it.

**TOGETHER WE CAN DO IT!!!**



# CPNA

XXXII CPNA



NA has changed.

The world of active addiction has changed, with risks that have drastically increased. Civil society has changed and opened up.

Recovery faces the same challenges, but now at a staggering pace. And it is up to each of us, every day, to venture into uncharted territory.

We have only our past experience to guide us. And much of that beacon focuses on a single purpose that unites us: recovery is possible.

And all that light shines only because we keep trying together.

The 32nd Portuguese Convention of NA is far from over.

The long, heartfelt hugs—the kind that fill our hearts with tears of joy—will never leave us; they go with us through life and all our challenges: I am no longer alone.

The laughter that rang out throughout the convention space—from the river to the table set with a single patanisca served among hundreds of clean lives; from the service meeting room of those seeking to grow as acceptable, productive, and respected members; to the sharing in the closed meeting and the open hall.

And what shares. we heard . . . pearls of emotion, a manifesto full of life, heartfelt surrender.

How many of us have embraced the vulnerable acceptance of authenticity with courage—in the silent recognition revealed in the shivers that make us grow side by side.

And NA grew... right before our eyes, in a unified and magnified spirit, to the amazement of our visitors who had no idea how many of us we are, how much we do, how much we matter in making a difference... and so they told us, affirming us not for our individuality, but rather for the great celebration of recovery.

And we saw the Online Buch of Recovering Addicts ecstatic to be able to participate in the countdown... the first time, AD 2026—nearly another hundred members who thus experienced “One Day at a Time” in Arcos de Valdevez.

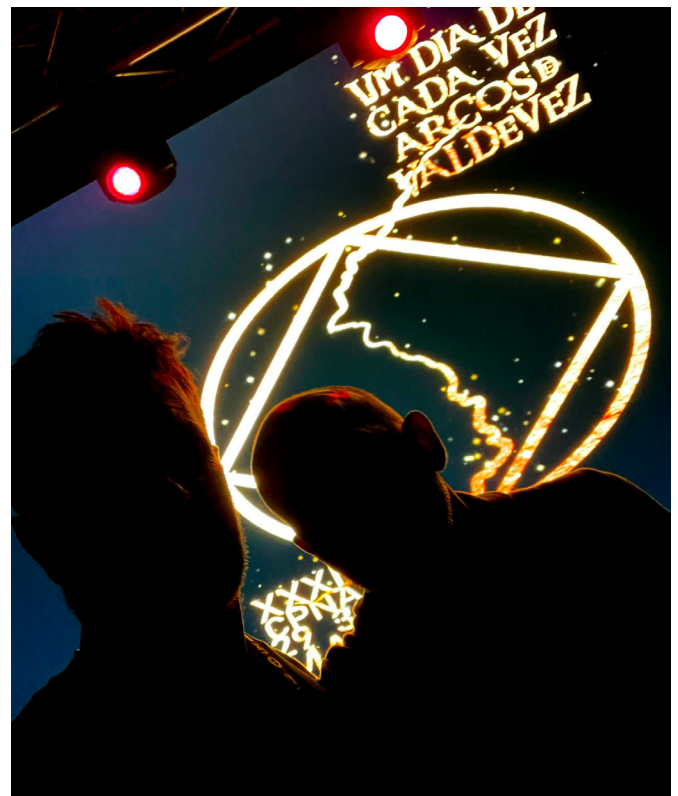
And even though we’re not all there now (and still aren’t), we’re all there for each other.

And that is the only way to describe the 32nd CPNA: accessible to all, bringing together moments of fellowship, original songs, and notes of musical lightness; bold in its sharing; and a moving example of the determined courage of the closing sharing.

And the greatest gift of the 32nd CPNA is that we have an opportunity ahead of us: if we unite our strengths, with our passion for change, if we help our young people understand that there is hope, then we can bring about that change—so that no addict seeking recovery needs to die without first finding a new way of life... because, yes! We do recover, One Day at a Time.

And the sons and daughters of this convention are living proof of this message.

To each and every one of us—present, absent but not forgotten—to those who have served and helped others to serve, to those who paved the way before us, and to those who will be following, we offer our gratitude.





## My First Convention

Hi, I'm Maria, and I'm a recovering addict.

I went to my first convention this year—the XXXII CPNA in Arcos de Valdevez, which took place on May 29, 30, and 31—to end the month on a high note.

I spent the week feeling nervous, knowing I had a driving test right before the convention (yes, I passed). That Friday, I barely slept due to a mix of anticipation, excitement, and euphoria at the thought of stepping out of my comfort zone and going to my first convention—waking up on time so my dad could drive me to Esmoriz to catch a ride, making sure I didn't forget anything, what to wear... it was like something out of a movie.

For me, it was a big, important deal. I couldn't help but feel it was something very serious. A feeling identical to the fear I have of saying the word "gratitude." Maybe out of respect, or because I feel it's not something to be said lightly—especially for me, having been clean for 16 months.

I still have a lot of work to do—that is, to practice gratitude; to take action; to stay in recovery—so that one day, perhaps, I'll feel "worthy" or "deserving" enough to say it. I don't know if this makes much sense, but it does to me.

I arrived at the convention on Saturday morning and stayed until the end of Sunday. Thank you in advance to the members who took care of my stay, gave me rides, and put up with my tantrums and crazy antics... Thank you so much. About the convention: intense.

A mix of emotions: lots of laughter, lots of tears, reunions. I arrived feeling a bit flustered and immediately agreed to read an introduction—which I'd actually expected to be one of the shorter ones, since my name was the first one listed in the notebook—but, well, it turned out to be exactly the opposite. And He was up there, laughing. Thanks to my partner, who came to ask me for a cinnamon-flavored piece of gum right before my name was called—so I didn't even have time to think.

I thought the place was really beautiful. The swim in the river was spectacular and helped me clear my head after the day's events. I tend to get overwhelmed easily.

So many stimuli, people, hugs, and things happening... in my head, I felt like I had several radio stations, all tuned in at the same time with different songs and programs.

I realized that in those moments I really had to step away for a bit. Find some shade out back at the venue, drink some water, breathe, try to fix a boot with a broken buckle (to be honest, I think I even brought them on purpose so I'd have an excuse to slip away to a quiet corner if I felt overwhelmed).

Every now and then, colleagues would pass by—some I knew, others new, and still others I'd met before but with whom I'd strengthened my bonds. I felt love and good humor, mutual support, concern, enthusiasm, and a bit of helplessness too when I didn't know which way to turn.

Saturday after dinner: everything hurt, I was in a bad mood, and I just wanted to go to sleep. The impossible happened: I went dancing with a partner and friend who helped me take my 12th step without me even realizing it, and all the pain went away. It was a very special and happy moment for me.

We were goofing around, I felt safe, I was having a good time while sober, and I was dancing as if no one were watching. I had a blast! Sunday at 8 a.m., I was already there on duty. Tired, but more at peace. As for the Countdown... they could have warned me! (Good thing they didn't, because you really have to experience it for yourself.) I wasn't prepared for that. The only thing I know is that I DON'T KNOW what happened to me, but my tear ducts went haywire.

I could tell I was going to flood the auditorium. It was intense. I laughed and cried a lot. I cried out of emotion: hope, joy, amazement, admiration, catharsis... right there, in that moment, I truly felt that anything was possible and that I was exactly where I was meant to be and wanted to be—where I belong. I left there overwhelmed, but full of strength and a desire to live and be alive.

The Closing Circle after the Countdown, outside, packed with people crammed together disproportionately despite there being so much space, made me instinctively and immediately channel Rosa Mota and cut across the circle to the opposite end: until I started making hand signals like a traffic director—and to my amazement, the crowd started moving and the circle opened up. I felt happy about that. And, of course, about the power of that giant circle of people holding hands and reciting the Serenity Prayer.

Conclusion: A convention is a Gigantic Emotional Roller Coaster. With love, see you soon, and +24

## 3rd Get-together in Zambujeira do Mar



Organized by the “Vitamina” group from Portimão, in close partnership with the Zambujeira group, the Zambujeira do Mar event is now in its third year.

It has been a success, and this year was no exception.

The organization was top-notch; every detail was carefully planned—from meals to accommodations to recreational activities—and nothing was left to chance.

The event kicked off with a delicious buffet lunch. There was no shortage of appetizers or dessert (out of this world!!!!), and when it came to pitching in, we all did our part; we had an amazing grill master, and everyone went above and beyond so that, in the end, no one was left alone to handle the dishes and cleanup.

Free afternoon. Some went for a hike to enjoy the magnificent scenery of the Costa Vicentina; others, the more daring ones, played soccer on the beach and even took a quick plunge in the water—BRRRRRRRRRRRRR.

Then, a quick shower to get to dinner early and attend the Zambujeira meeting—for me, the highlight of the gathering.

The room was packed, and the sharing was filled with a message of recovery that would move even the most unemotional to tears, and the session closed with the Serenity Prayer.

Then, the gathering. Late into the night, we sang the event’s anthem, composed especially for the occasion: “The backpack is all packed, the swimsuit and beach flip-flops are ready; let’s catch up with friends and give a hug to those arriving for the first time. All roads lead to Zambujeira do Mar!”

BEAUTIFUL!!!!!! And then... off the cuff, we belted out a whole repertoire of well-known songs, accompanied by the guitar.

And before the night ended, the party continued, with the DJ cranking up the volume with a very danceable playlist, and perfectly complemented by the entertainment provided by an anonymous woman with the voice of an angel.

And around 2 a.m., it was time to head off, since breakfast was at eight (except for a few “little ones” who had just arrived, who kept the party going in their apartment ;) )

By 7 a.m., the kitchen was already buzzing, with the entire organizing team preparing a breakfast out of this world. We ate and sang our anthem again.

Then, we read the meditation. As if to remind us why we were all there. Life is wonderful in recovery!!

With our minds and bellies full, we headed to the gathering’s final activity: the hike.

The chosen route was breathtaking, climbing the cliffs overlooking the vast blue and green ocean, streaked with white foam.

The weather was on our side and the day was magnificent. I felt close to my Higher Power. When the group arrived at Monte D. Maria, the gathering came to a close. It was unforgettable!

I think everyone left feeling nostalgic and eagerly looking forward to the next gathering.

Thank you, Grupo Vitamina and Zambujeira Fellowship!!!!

All that’s left for me is to celebrate how lucky I am to have this life as a reporter in recovery, experiencing these moments filled with friendship and good cheer.





## PR&HI in Azores

The PR&HI Subcommittee of the Portuguese Region of Narcotics Anonymous continued its outreach efforts in the Azores Archipelago from May 18 to 23, with four volunteers, including one member of the fellowship from the island of São Miguel in the Eastern Group.

We would like to detail what this service entailed, which proceeded without a hitch and was met with many expressions of gratitude.

We carried out street outreach on the four islands by placing and distributing A3/A4 posters, meeting schedules, and business cards at: pharmacies, parish councils and city halls, correctional facilities, hospitals and health centers, and addiction treatment centers (CAD)—at the latter, we were able to distribute literature to patients and speak with several of them about the support NA provides.

Given that there are no in-person meetings held on this group of islands—they are only held on the island of São Miguel—the meeting schedules we distributed prominently featured a QR code linking to the online meetings.

This tool was crucial for ensuring that any person struggling with addiction in these locations could immediately access our network of sharing and remote support.

We participated and also had the opportunity to give a presentation on NA.

- A session specifically aimed at healthcare professionals and technical teams from EICAID Terceira (Addictive Behaviors and Dependencies Intervention Team) – Addictology.

- Participation in the institutional event organized by the Regional Directorate, in collaboration with the Angra do Heroísmo City Council, titled “Intervention in Addictive Behaviors: Current Challenges and Responses,” held at the Angra do Heroísmo Interpretation Center, where the subcommittee also hosted a panel discussion.

- Media coverage featuring RTP Açores and Antena 1, resulting in dedicated news reports and an interview with one of the initiative’s members, thereby expanding the reach of Narcotics Anonymous’s message across the islands.

- RTP Açores news report, available on: <https://share.google/XFy32qDDVl9g3hofZ>

- Antena 1 news report, available on: <https://acores.rtp.pt/radio/narcoticos-anonimos-quer-chegar-a-mais-ilhas-dos-acores/>

- The Presentation Panel was held at the Velas Municipal Auditorium for all participating organizations and was organized by Addictology and the Velas City Council, featuring an interview with a project participant for local radio.

On the final day of activities, at Addictology in Madalena (Pico Island), the team was engaging with patients receiving methadone. It was then that we met a woman struggling with addiction who had seen our report on RTP Açores’ evening news a few days earlier.

Moved by the message on television, she had immediately looked us up on our official website, and, knowing we would be visiting the island, she ended up finding us there at the Madalena Health Center.

In a clear demonstration that the message always reaches those who need it when the work is done, we had the opportunity to welcome her, offer her our Basic Text, and teach her in detail how to use the QR code to join the online meetings.

On an island without an in-person support structure, a door to recovery was opened right there.

This event brings our mission to a close with the certainty of a job well done and reinforces the urgent need to continue carrying the message to every isolated corner of the Portuguese Region.



André T.



## Lost dreams awaken

On April 10, 11, and 12, another London Convention (LCNA32) took place, this year with the theme “Lost Dreams Awaken.”

The London convention is by far my favorite convention in Europe, so once again I didn’t want to miss the chance to attend (I’ve been a regular attendee for the past decade). 😊

Ever since I entered recovery, I’d heard about the fellowship in England, especially in London, because it had a major influence on the development of the fellowship in the city where I live. I was very curious to get to know it—not just the convention, but also the meetings.

In 2016, I went to my first London convention, and of course, I loved it! To my surprise, when I opened the convention program (a huge program with about 10 different rooms constantly hosting themed meetings and workshops), I saw, right in the middle, “PORTUGUESE MEETING.”

I was very happy because, at that stage of my recovery, I didn’t know many Portuguese people. London has a large Portuguese NA community that’s very involved in the fellowship. For me, that has been the highlight of the London convention—our Portuguese-language meeting and the dinner we usually organize together.

I remember arriving at the merchandise table and being helped by a Portuguese woman. All of this had a profound impact on me. It was also among these brothers and sisters of ours that I met my first Portuguese sponsor.

He himself had never worked the program or even used any of our program’s literature in Portuguese. This year was no exception. We held our Portuguese meeting with the special participation of a newcomer in his first 60 days of sobriety, and we also had our lunch, though with slightly fewer attendees than in previous years. This year’s convention had fewer participants.

The convention venue had become too small for the event’s popularity, and the organizing committee implemented certain safety and preventive measures required by law. Convention tickets sold out a few weeks in advance, and there were only 75 tickets reserved for newcomers per day over the weekend.

This year, attendance did not reach 1,800, whereas in recent years it had typically been very close to 2,500.

It’s a very international convention, comparable to a European convention, but in my opinion and experience, with a quite different atmosphere (character).

This year I noticed a strong influence—both at the convention and at the speakerjam sharing events, both before and after the convention—from the U.S. East Coast, which, in my view, also differs somewhat in character from the U.S. West Coast—where NA was founded.

Anyone familiar with the British knows they know how to throw a party. Another highlight of this convention was the events on Friday and Saturday nights: this year featuring a talent show on Friday and the famous Saturday night dance party, which ended a little earlier than usual—along with the famous House Classics and Drum ‘n’ Bass sets we’ve come to expect from previous years.

To wrap things up—the big Countdown, which, in addition to giving me the chills every year, always brings a tear to my eye when I see the Convention’s children, who had their first clean days over the weekend, and the one who was there simply with the desire to stop using.

Deep down, that must be why we’re all here—and so we can draw strength to make it to the next meeting clean!

It was another great weekend celebrating Life in Recovery, where I was with many friends—people I care deeply about—and where I also made new friends and felt a lot of Love. Despite some controversy—we would not be good addicts if we weren’t full of opinions—I felt a lot of Unity!

Audio shares from the convention:  
<https://londonconventionna.org/2026shares>



WSC



WSC 2026: 50 years of service

CONFERÊNCIA MUNDIAL DE SERVIÇO

**O Nosso Bem-Estar Comum**



**WSC 2026**

WSC 2026 — 50 anos de serviço

**50** ANOS DA CONFERÊNCIA MUNDIAL DE SERVIÇOS  
— 1976-2026 —

*Juntos, levamos a mensagem.*

RECUPERAÇÃO | UNIDADE | SERVIÇO

UMA IRMANDADE. UM PROPÓSITO.

## WSC 2026: 50 years of service

The World Service Conference is celebrating its 50th anniversary this year, having taken place over the past few days...

Its statement and mission are as follows: The World Service Conference brings together all elements of NA World Service to promote the common welfare of NA. The World Service Conference strives to unite NA worldwide by hosting an event with the following objectives:

- **Unity:** Participants propose and reach consensus on initiatives that strengthen the vision for service in NA.
- **Shared experience of the Fellowship:** Through the exchange of experiences, the Fellowship strengthens our primary purpose, as expressed in the matters of concern to our NA Fellowship as a whole.
- **Guidance and direction:** Groups and NA have a mechanism to guide and direct the activities of NA World Services.
- **Accountability:** Participants ensure that the various elements of NA World Services are ultimately accountable to the groups they serve.
- **Service and inspiration:** Participants are inspired by the joy of selfless service and by the knowledge that our efforts make a difference.

### Outcome of the CAR Motions:

Motion 1 – To approve IP 21, Staying Clean in Isolation – APPROVED

Motion 2 – To adopt the collaborative service strategic plan created in 2028 – APPROVED

Motion 3 – Hold the World Convention every 5 years, beginning in 2028 – APPROVED

Motion 4 – Direct the World Board to create a project plan to distribute digital literature in prisons – APPROVED

Motion 5 – Direct the World Board to implement AI solutions for simultaneous translation, replacing human translators – NOT APPROVED

### Results of the CAT Motions:

Motion 6 – Raising Awareness Within the Fellowship and Engagement with IP – ADOPTED

Motion 7 – Increasing Awareness of NA – ADOPTED

Motion 8 – New Recovery Information Pamphlets – ADOPTED

Motion 9 – Revision of Existing Recovery Information Pamphlets – ADOPTED

Motion 10 – New Discussion Topics (IDTs) – ADOPTED

Motion 11 – New and Revised Service Tools – ADOPTED

Motion 12 – Safety and Sense of Belonging: Gender-Neutral Language – ADOPTED

Motion 13 – TSD/TAM – Helping members put down roots – ADOPTED

Motion 14 – Generational and cultural diversity – ADOPTED

Motion 16a – Three-year cycle – ADOPTED

Motion 16b – NAWS 2023–2026 budget – ADOPTED

Motion 17 – Establish the Afghanistan Region – ADOPTED

Motion 18 – Establish the Brazil 10 Region – ADOPTED

Motion 19 – Remove “roll call votes” from the GWSNA (p. 68) – ADOPTED

Motion 20 – Add a motion to reconsider a GWSNA decision (p. 87) – ADOPTED

Motion 21 – 2026–2029 Reimbursement Policy – ADOPTED

Motion 22 – Approve the minutes of the 2025 World Service Conference – ADOPTED

### Service Material Reviews

- Review of the book \*About the Group\*

- Review the \*Guide to Local Services\* (GSL)

### Review the recovery literature

- Review the 11th Tradition

### New IP

- IP on Disruptive and Predatory Behavior

- Updated group pamphlet, focusing on the RSG and the group's role in NA

### Recommended IDTs

- Recruiting members for the service and mentoring

- Welcoming new member

- Something related to groups and services in the area

Detailed information at:

<https://heyzine.com/flip-book/0f2a685bc5.html#page/13>

WSC

Our Common Welfare

WSC 2026: 50 years of service

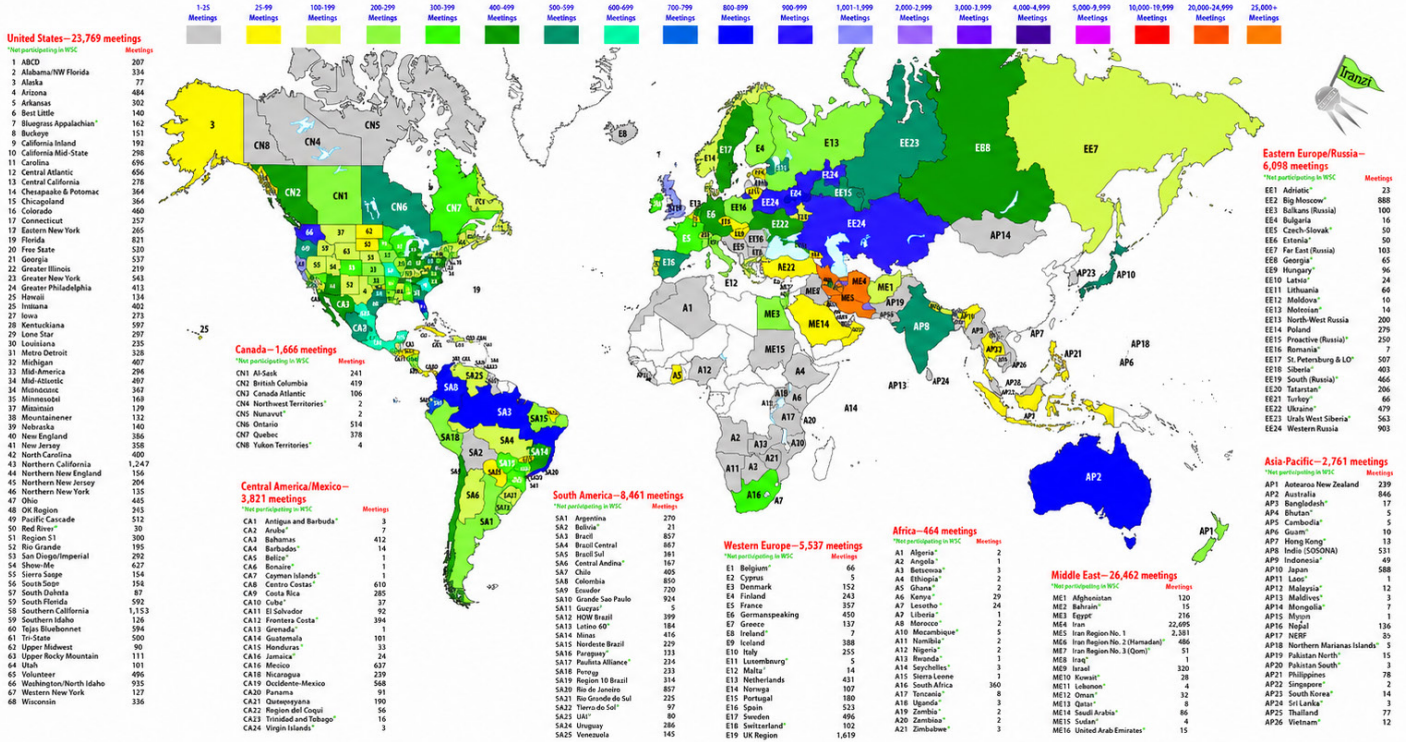


# Regions around the world

## 79,039 weekly meetings\* worldwide today

The data is based on regional reports/zonals to the WSC 2026 and the NAW5 database, when available. Not all regions evaluate geographically.

Virtual meetings are meetings that are virtual in presence only. Virtual meetings were excluded from these regional reports and may not be reflected in this data.



Our Common Welfare



## ABOUT THERE 1st National Convention of Morocco

On February 14, the 1st National Convention of Morocco was held in Marrakesh.

The one-day event was jointly organized by the Moroccan Addict Community and the World Offices, under the theme “The Language of the Heart.”

It opened its doors at 10:00 a.m. at a mosque called “Church of the Holy Martyrs,” in the heart of Marrakech, and we checked in right at the entrance. In the background, you could see the convention logo, and on the door of the main (and only) room, the program poster was displayed in Arabic and French.

Scattered around the sunny courtyard were several booths selling merchandise.

The event featured speakers of various nationalities in addition to locals, including people from France, Canada, Spain, and Portugal.

Throughout the morning, there were two sessions, each with two speakers, in Arabic and French, and the room was almost always at full capacity.

Afterward, the organizers treated those present to a spectacular buffet lunch.

In the afternoon, there was another sharing session with two speakers, in French and English.

At 5:00 p.m., two members of the World Service Offices, speaking in Portuguese and English, closed the Convention in a very enthusiastic and emotional manner.

Afterward, as usual, the recovery anniversaries were celebrated. Unfortunately, we are unable to provide you with specific figures on the cleanup time achieved, as the organizers themselves did not have them available.

The audience included people of countless nationalities: Morocco, France, Spain, Portugal, Belgium, Italy, Israel, and Palestine, all sitting side by side, and we all celebrated together.

As we were leaving, musicians were waiting for us and treated us to traditional music and dance.

The event concluded with a late snack, where we were able to socialize with all the participants.

It was a simple convention, still in its “infancy,” but one where all the principles of the 12-Step Program were present, where similarities were celebrated, and where the message is understood, even if the spoken language is completely foreign to us.

Congratulations, Morocco! Here’s to the second one!

“As-salamu alaykum”  
May peace be with you...  
“Wa alaykum as-salam”

Note: This report is general in nature and intended only to highlight the event and its importance, as despite several attempts to contact them, we were unable to gather precise information.



## The Spiritual Attitude of a Chairperson

Serving in Narcotics Anonymous is a spiritual gift.

When we accept the responsibility of coordinating a region, we remember that we were not chosen to rule, but to serve with love, humility, and faith.

The chairperson is not an authority figure—he or she is a liaison. His or her mission is to unite, support, and facilitate collective work, always guided by the spiritual conscience that arises from the group.

Through service, we learn that NA's strength lies in unity, and that every voice has value when we speak with an open heart.

True power in service comes from surrender to a Higher Power, not from control.

Serenity, patience, and attentive listening become essential tools for facing challenges and fostering harmony.

Every meeting, every decision, is an opportunity to practice our principles—honesty, goodwill, tolerance, and unconditional love.

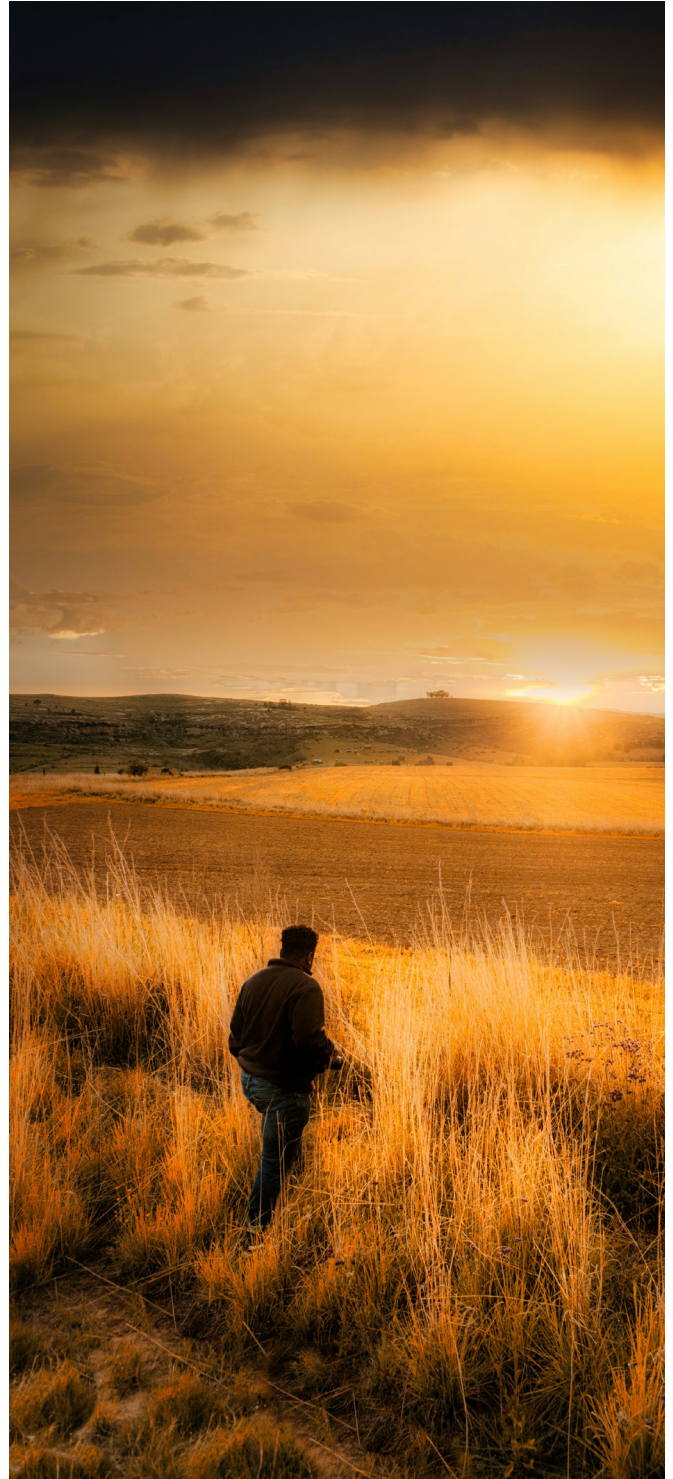
As a chairperson, I remind myself that I am just one servant among equals, entrusted with the temporary task of facilitating the way forward.

I place the common good above personal preferences, recognizing that what is spiritual is always what most benefits the fellowship as a whole.

In the end, service is a form of gratitude.

By serving, I grow spiritually. By listening, I learn. And by trusting the process, I discover that true leadership in NA is serving from the heart.

*Excerpt from the 2025 CSRP Chair's Report*





# Check Out



## LAST SHARE

Serenidade 2.0 magazine is published in Portuguese and English and is available in digital format.

Its contents are a way of contributing to the recovery of NA members by publishing information on recovery, activities and services related to recovery.

The magazine also seeks to introduce a component of entertainment and debate on issues relevant to its recipients.

All NA members can and should suggest topics to be covered, simply by contacting us by e-mail.

The magazine is also open to other forms of collaboration from NA members. All contributions are welcome.

The Chairs reserve the right to evaluate the conformity of texts and other contributions with the 12 traditions of NA.

All material must be original and, once published, is the property of the journal, implying permission to publish.

The articles published represent the experience and opinion of individual NA members and do not necessarily express the principles and philosophy of NA as a whole.



**Instagram**



**Facebook**

### YOUR SERENE TEAM

Chair: Alexandra T.

Secretary: Paulo O.

Graphics: José S.

Resident Collaborator: Maria S.

Collaborators of this edition: Filipa C., Miguel L., Pedro O., Vítor M., André T. ... and all fellows that would like to be part of it!

### Portuguese NA Helpline

**Narcóticos Anónimos**

**Get this line in your head**

**Helpline**  
**219 477 970**  
**www.na-pt.org**

**CONTACTO:**  
**serenidade@na-pt.org**