

YEAR XL - NO. 3 - SEPTEMBER 2025



NA-PT.ORG

SERENIDADE^{2.0}

SERVICE EDITORS



CHANGE

PAULO O. - GRATEFUL ADDICT

As we all know, this program is about change.

Change can be good, when it suits us, bad, if we don't want it, and it can be unexpected (and good or bad).

Starting with this issue, we have a change: Diana had to leave, with the promise of returning, and, while it is true that life goes on, it is also true that she was the one who pushed me toward the cliff that reactivating Serenidade has been.

Diana: thank you!

With Diana's departure, Alexandra arrives, who (as we often say) humbly and kindly accepted the challenge of serving the magazine.

Alexandra: welcome!

For this issue, we opted for just one story about a male addict and a female addict, and to compile articles about some events that have taken place so far. While it is true that I love compiling, it is also true that things make sense in their own time, so this is the way we have found to publish these pending articles.

We now have a Facebook and Instagram page, through which you can contribute material to the magazine, as email was not proving very successful. We really hope you will use them.

Finally, we had an addict who (unless proven otherwise) decided to contribute spontaneously by sending us a letter, which is published in this issue.

Thank you, addict.

Re: joice.





From childhood to recovery

I was a happy child, with everything I could wish for and a strict, disciplined, religious, and spiritual upbringing.

I was a Sunday school teacher, a member of the Catholic youth group, a choir member, and a reader. I grew up, lived, and saw the path of addiction around me. I never thought that one day that path would be mine.

I had many repressed feelings, heartbreaks, and a lack of freedom to get to know myself. One day I was introduced to drugs and, lacking assertiveness, I didn't refuse and accepted them. I had many repressed feelings, heartbreaks, and a lack of freedom to get to know myself.

I entered a world apart, where substances gradually took over me. Manipulation after manipulation, I stopped living to survive.

An interruption led me to the false belief that I could stop on my own, and brought me the best thing in my life—my children.

My lack of knowledge about the NA program led me to use again. So much worse than the first time, I dug myself into a bottomless pit. I lost friends, family, children, stability... I lived to use and used to live.

Three days on the street, at 45 years old, weighing 86 pounds and without hope, I was introduced to the program.

I was afraid, very afraid of the unknown, of what would happen. Little by little, I started to gain a few pounds, to believe in a new way of life and that it was possible to live without using.

Feeling pain and accepting it brought me growth, and despite all the obstacles that come my way, I don't forget the love with which I was welcomed and that if others can do it, so can I.

Feeling pain and accepting it has helped me to grow, and despite all the obstacles I face, I never forget the love with which I was welcomed and that if others can do it, so can I.

Losses, achievements, and battles have made me believe in spirituality, which is talked about so much in this program, but much more powerfully than I ever had experienced before.

I am made up of stories, falls, and new beginnings. Much stronger, with an open mind, following suggestions, and never alone again, I have reached my fifth year of this new way of life.

I carry strength in my eyes and the freedom to be who I am in my heart.

Is it possible to recover?
Yes, it is possible!

I am a miracle and proof of that. Today I am grateful to NA, to service, to my higher power, and to all of you!





Letter from a recovering addict

Twenty-five years ago, I was a broken man. Drugs had robbed me of my identity, my ties, my dignity. I hurt those I loved, lost friends, sank into a void that seemed to have no way out. I believed, as many believe, that I was beyond redemption. That my destiny was to drown in that chaos.

But one day, something happened.

A friend, also in recovery, also wounded by the same war, appeared before me. Not with speeches, not with judgments. He appeared with light in his eyes. With a serenity I no longer knew. With a smile that was not one of escape, but of peace.

It was that attraction that changed everything.

It wasn't fear, it wasn't guilt. It was the silent strength of his example. He showed me that it was possible to be reborn. And in that moment, a spark ignited inside me: "If he can do it... maybe I can too."

I decided to take the first step.

I entered a treatment center where the 12-step program was not theory, it was a map for survival. I learned that recovery does not begin with strength, but with surrender. Surrender to the truth: I was sick, I needed help, and all by myself I would never get out of there.

The first few days were a wasteland.

I remember looking in the mirror and not recognizing my face. I remember the weight of the pain I had left behind. But there, among brothers in arms, I discovered something sacred:

Hope is not asked for; it is cultivated. Step by step, day by day.

The 12 steps became my steps back to life.

Acceptance. Surrender. Moral inventory. Repair. Each one was an act of courage. A reunion with the humanity I thought I had lost. And slowly, "Recovery" came. Not like a sudden miracle, but like the sunrise, persistent, inevitable.

Today, 25 years later, I look back and can hardly believe it.

If someone, in those dark days, had told me that one day I would have a family that embraces me without fear... that true friends would call me "brother"... that I would have a job that makes me proud... I would have replied: "That's not for me. I destroyed everything."

Recovery proved me wrong.

Life not only returned, it was transformed. I regained my dignity not as a right, but as a daily achievement. I rebuilt relationships not with words, but with consistent gestures. I learned that the greatest victory is not never falling, but always getting up, even with trembling knees.

My greatest achievement? It wasn't quitting drugs. It was choosing to live. It was embracing vulnerability. It was understanding that strength comes from the humility of asking for help. It was discovering that, beneath the addiction, there was a man who deserved a second chance.

And you who are reading this now: if you are at the beginning of the path, lost in the fog, let me tell you: the light you have seen in others can shine in you. Maybe you doubt it. Maybe you think you're a "lost cause." I used to think that too. But look at me: 25 years later, here I am. Not as a hero, but as a survivor. As proof that no pit is so deep that hope cannot reach it.

The 12-step program didn't "save" me.

It gave me the tools to save myself. And the treatment center? It was the womb where I was reborn. Where I learned that entering recovery is a collective act; no one "recovers" alone. No one "heals" the soul alone.

So, if today you feel the call for change:

- don't underestimate the power of an example (as my friend was for me).

- believe in the invisible (I couldn't see the light at the end of the tunnel... but it was there).

My journey proves that recovery is not a destination. It is a decision that is renewed every day.

If I, a broken man, found my whole life again... so can you.

Today, I breathe gratitude.

And if my story touched your heart, remember:

Your rebirth can begin now.

All it takes is the first step.

With faith in your path,

A recovering addict

P.S.: if one day you share this testimony and feel that it has touched someone... you will know that your light has multiplied. That is the magic of recovery: when one helps another, both become stronger.

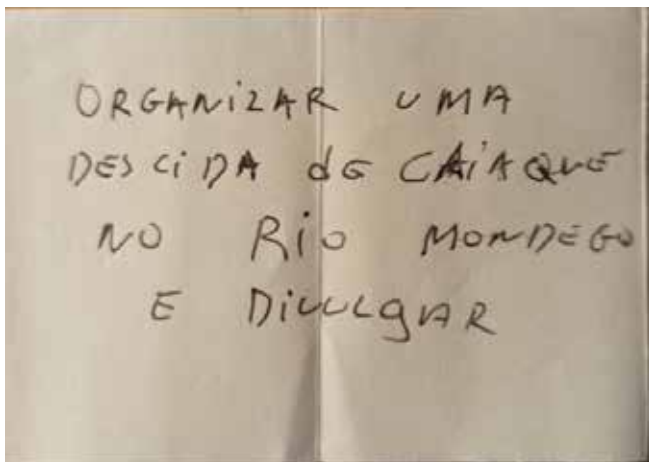
AROUND HERE

At the convention, there were pieces of paper for people to write down suggestions. We received only two, which shared the first prize for originality:



"Hello, I'm N, I'm an addict. This is my first time at this national NA convention. I came from Mozambique with this already planned four or five months ago. As soon as I heard about it, I made it one of my goals to stay in recovery, and here I am. I attend online meetings, but seeing people in person is different, it's real, and the emotion I felt will stay with me, I will take it with me. And, well, everything went well, the organization was impeccable, the shares were exactly what I needed to hear, and I hope to be at the next one. Thank you and +24!"

"I'm T, I'm a recovering addict, and at this convention I felt very welcome, and the brotherhood here welcomed me very warmly and respected me immensely. I found growth here."



In addition, we recorded some testimonials:

"This is the best convention I've ever been to, and I've been to many around the world. Here, I found my people and was very well received. It was very well organized, and I loved meeting so many beautiful people. Thank you."



ESLD - 2025 BERLIN

6Th EUROPE SERVICE LEARNING DAYS 25 - 27 April 2025

We arrived a day early, checked into our hotel, and then went to explore Berlin—one step at a time. Tired, but happy. We had the privilege of being accompanied by Cristina (NALinha Convention Chair) and Nicha (CSANAL Treasurer), and we also met Pedro (RPHI Regional Chair), Patrícia (PR EDM), and Hugo (Regional Service Unit).

On April 25, we registered and broke the ice a little with other addicts. Then we went to the first workshop we attended, which had the theme “Learning, growing, and giving back, fellowship development,” in which we were in different working groups. We exchanged messages at the beginning of the group, which was funny because we were having the same difficulty breaking the initial ice.

In the afternoon, Pedro attended the “Public relations training” workshop, and Mário attended the “12 concepts, revitalizing service committees” workshop. We ended the day having dinner with Pedro (HIRP Region).

On April 26, we began with an update on ECCNA, followed by a workshop on “Mentorship in NA service, mental health in recovery and service, regional initiatives, and success stories,” where we actively participated in a working group, sharing some of our experience. Later in the day, there was a barbecue dinner where the tasks were shared on some topics that concern us in NA. I had the privilege of talking to an addict from Slovakia, and we discussed the common difficulties in NA. Afterwards, there was music and karaoke, which we listened to, but we preferred to stay and mingle on the terrace.

On April 27, we attended and participated in the working group on “Our symbol” and then “The giving back quiz” where we felt a sense of unity among all those present, a moment of sharing and much joy. It ended with farewells and a “see you soon.”

We left Berlin with our hearts full, eager to serve in NA. We also felt that we in Portugal are on the right track and that we can share much of our experience in service.

We met and made friends with many addicts from many parts of the world, all with a spirit of unity, love, and gratitude.

The countries that were present: Portugal, Spain, France, Germany, the Netherlands, the UK, Ireland, Sweden, Denmark, Iceland, Slovenia, Slovakia, Malta, Latvia, Turkey, Romania, Czechoslovakia, Morocco, Egypt, Japan, Israel, Belgium, the US, Mexico, and Costa Rica.

Pedro Ca and Mário B



ECCNA40

Rotterdam, The Netherlands

On July 18, 19, and 20, the 40th European Convention and Conference of Narcotics Anonymous (ECCNA40) was held in Rotterdam, with this year's theme being Celebrating Life.

It was undoubtedly a great celebration!!! I have attended quite a few ECCNA conventions over the past 10 years, as well as other NA conventions, but this one was very special to me, not only because it was held in the country and city where I live and entered recovery, but also because I had the opportunity to be part of the Convention Organizing Committee.

Oh, and not to mention that the venue for the Convention was a nightclub where I have many using stories and now have the chance to create completely crazy memories, but Clean, in Recovery, and with our Narcotics Anonymous Fellowship.

It took two years of many hours of service to prepare for this Convention, with a lot of love and dedication from hundreds of recovering addicts, most of them completely "anonymous" and "behind the curtain."

Although it wasn't the first Convention where I took on service, I'm much more used to being on the visitor's side and looking for negative criticism. I hope that this new experience will help me in the future to have more respect and gratitude for everyone involved in service.

In addition to the Convention, ECCNA also holds a Conference where delegates from different regions belonging to the EDM (European Delegates Meeting) gather and are on duty for four long days, from early morning until the end of the day, while the Convention is taking place.

Every year I sit there for a while watching and listening to what is going on, and although I am a very critical addict with very strong opinions, I have always respected these fellows because while there is a whole Convention enjoying themselves, they are in a closed room holding a very long service meeting.

It was at this Conference that ECCNA42 would also be decided, but as far as I understand, no country offered a proposal for 2027.

In Rotterdam this year, we had a great celebration of life in recovery with approximately 2,900 registered addicts from 51 countries.

There was a lot of sharing from different countries, mostly European, but also from other continents. We had several workshops and the famous Friday parties with live music, and on Saturday night, electronic dance music with DJs. The latter was completely sold out with about 1,000 addicts.

The Conventions and the Fellowship in the Netherlands have many young people in recovery, and the organization wanted to give them the importance and attention they deserve in our Fellowship, with workshops, main shares, and a reserved campground so they could all gather together.

There were meetings in several languages, more than 10, and our Portuguese-language meeting on Sunday morning was not missing.

We also had our Portuguese companions together during the geographical countdown, shouting loudly and waving our flag high when Portugal was mentioned.

The shares in the main auditorium was broadcast live online with simultaneous translation into several languages. I am very happy to know that our Portuguese fellows who were unable to travel here, nor being fluent in English, were able to listen to most of the shares and that our primary purpose was fulfilled.

The Convention ended with a very intense countdown to clean time with lots of music, shouting, laughter, and tears, where newcomers with less than 30 days took to the stage and received a big hug and our Basic Text and, most IMPORTANTLY, two addicts with only the desire to stop using!!!

The next ECCNA41 will be in Stavanger, Norway, on July 10, 11, and 12, 2026!

A big hug from this Tuga here in Rotterdam,
André T



Hugs for free

Hugs menu



THE WINDMILL

Approach with one arm stretched out to the side, the other up in the air, switching arm positions as often as necessary until both people participating have the same arms in the neck-hugging position at the same time.



THE MOMMY

As its name implies, this hug is most commonly dispensed by mommies; however, we have seen even hardened, calloused, former back-thumpers engaging in this hug. (Just don't tell them we told you!) Gently pat the other person on the back while hugging. Warning: Occasionally, the addict being hugged this way will burp in your ear.



LEAP & HUG

Take off into the air from three feet away and wrap most of your body around someone's neck. This hug is usually reserved for someone you are really happy to see. Suggestion: Let the other person see you coming before leaping in order to assure having a body in position to hug when you land.



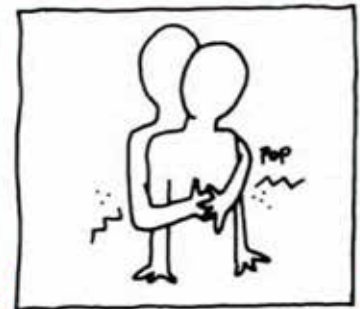
THE UNWILLING

Stand perfectly still with your arms at your sides while allowing the other person to hug you. This hug is often performed by newcomers who are *really* in pain, usually right before they surrender. Keep coming back, it gets easier.



"I LOVE YOU BUT . . ."

Approach slowly and rather reluctantly. Hug with the arms and shoulder area only, carefully keeping the pelvis at least a foot away from the other person. Break away as quickly as possible.



THE CHIROPRACTOR

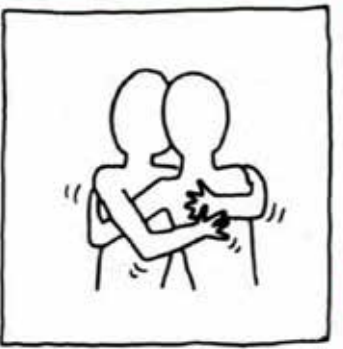
Hug the other person as hard as you can, increasing pressure until you begin to hear popping noises coming from the spinal area. If you always hug this way, people with back injuries will begin saying, "Be careful of my back!" and cringing as you approach.

Hugs for free

Cardápio de abraços

THE "I WANT TO LOVE YOU" HUG
A full-body extension of "Are You Wearing A Bra?" Dispensers of this hug will often find their targets responding with the "I Love You But..." hug.





THE MACHO
Despite its name, this hug is not restricted solely to the male gender. It is performed by two people who seem to be trying to find out who can thump the other's back harder while hugging. This hug should be avoided during sunburn season.

THE "ARE YOU WEARING A BRA?" HUG
The hugger rubs his hands up and down the huggee's back, usually a bit longer than the huggee is entirely comfortable with.





THE ONE-ARMED SERVICE HUG
This one is common to GSRs, group secretaries, and other service junkies who are usually lugging a briefcase in one hand and a cup of coffee in the other. Warning: This can be dangerous if the cup of coffee is as hot as NA coffee usually is. It is best to let your targets empty their hands before hugging.



A SIMPLE, LOVING HUG
This is the only hug described in our Basic Text, so it's highly recommended. Hold each other for a moment gently but firmly, thus expressing the love you feel for each other as addicts; no posturing, patting, slapping, or rubbing, just hugging. This one makes all the difference.

— ENCONTRO NACIONAL DE SERVIÇO —

2º ENAS

UNIDADE



DIVERSIDADE

WORKSHOPS / PARTILHAS / CONVÍVIO / ANIMAÇÃO

18 – 19 OUTUBRO 2025

Centro Paroquial de Aldoar
Informações : 2enas.na-pt.org

You can experience the true embrace at the next National Service Encounter - ENAS.

Conventions



XV CNALX FEET IN THE SAND

I am at an age where I want to do things I haven't done yet, and I didn't have a CNALX T-shirt, so I was relying on the goodwill of those recovering in the Lisbon area to hold their convention again so that I could get my hands on one.

I'm glad that there was unity between those who proposed it and the many service bodies involved, which made the XV CNALX possible.

The convention model is to be commended: geographically decentralized to centralize humanly... beautiful!

My gratitude, COCXVCNALX.

The location allowed us to spend a lot of time together, without neglecting that need for dispersion that also haunts me from time to time... just sitting on a terrace and wandering through the visual tourism of the human landscape, enhanced in this case by the surroundings of the fantastic beach where I spent an invigorating, slow-paced weekend, placidly in the sun and enjoying the sea.

I confess that I assisted to less of the program than I'd planned, due to the fatigue of modern life (which is more modern than life...).

Essentially, it was another clear sign that I was unbalanced and in need of restoring myself, and for that I had to rest... and as an eternal child, I can only rest when I feel protected and that my loved ones are likewise cared for.

And that was the greatest gain from this convention: I rested physically, slowed down mentally, and enriched myself spiritually, enjoying the time I spent with those in recovery, especially at the extended dinner on Saturday, with the party, all in the same large hall and just for us.

The message that came from the closing main share is immeasurable and unavoidable for those who witnessed the courage revealed.

And the pinchbeck was duly acquired...!



Conventions

XV CNALX

FEET IN THE SAND

When I decided to go to the convention in Lisbon, it was a big challenge for me. My problem/difficulty in leaving my comfort zone is one of the most difficult things that prevented me from going anywhere.

With my husband and NA colleagues by my side, everything was easier.

I am proud of myself for taking this step and very grateful to those who walked this path with me. The convention was well organized in a wonderful place!!!

Thank you to all the trusted servants.
Well done, everyone.



Although this wasn't the first convention I'd attended, the fact is that my anticipation and curiosity remained undiminished.

I knew, however, that it would be impossible to contain the whirlwind of feelings and emotions in the face of so many stories shared with courage and humility.

I knew, even as a visitor, that I would be touched by the strength and hope demonstrated by the words, actions, and also the silence of each person I encountered.

That's how it was at the 15th CNALX.

Hello, I am an recovering addict.

Writing about the experience of an NA Convention is truly rewarding.

From the moment I enter the venue until I say goodbye after the countdown, my soul is filled with emotions. Between tears of joy, gratitude, and sadness, between smiles and laughter, everything is allowed, because reuniting with fellow addicts is something that is felt very intensely and is common to everyone present.

The energy is contagious! The XV CNALX was no different in terms of what it added to my recovery.

I returned home with a bag full of new tools for my recovery, as well as reminders that I tend to forget in the hustle and bustle of everyday life.

It is difficult to choose a significant moment, as they were all important.
However, I would highlight the discussions on the topic of "Loss and grief in recovery."

I identified with it completely. Yes, when I went through difficult situations of this nature, the pain was so intense that, in addition to thinking that I was the only one going through this suffering, my thought was to want to escape from this pain. I know so well how to do that...but it is these shared experiences that give me faith that I am capable of living through this suffering without having to "run away."

Gratitude was my emotional state throughout and after this Convention.

I am grateful to the organizers and to everyone who was there with me this weekend, where we breathed RECOVERY 🙏



MOCKING THE RECOVERING



JOE FIX



STEPPING MARY



INVENTORIES À LA CARTE

THIS COULD BE YOUR MESSAGE.

This could be your message.

THIS COULD BE YOUR MESSAGE.

SO I HEAR...

Are you going to the ENAS party?

RSC? That's not for me... it's just inflated egos.
- vox populi



Do you want to be on the cover of the next magazine?

Send in a drawing or photo related to recovery (not including people).

The chosen artwork will be on the cover of the next magazine.

CELEBRATION



Data	Reunião	Dia	Localidade	Área
4/10/95	Força Louzada	Quarta	Lousada	Grande Porto
4/10/95	Vive e deixa viver	Quarta	Devesas	Grande Porto
5/10/96	E mais será revelado	Sábado	Santo Ovídeo	Grande Porto
5/10/96	Franca Recuperação	Terça	Vila Franca de Xira	Lisboa
6/10/23	Miracles In Porto	Segunda	Porto	Grande Porto
7/10/02	Navegantes	Terça	Ponta Delgada	Ilhas
11/10/2009	A caminho da recuperação	Domingo	Ponta Delgada	Ilhas
11/10/2022	Com Passos	Terça	Praça Londres	Lisboa
12/10/1994	Agora NA Amora	Quarta	Amora	Sul
12/10/2024	Recuperação NA Vila	Sábado	Famalicão	Minho
14/10/2020	NA outra margem	Quinta	Almada	Sul
16/10/2008	KA 100% recuperação	Quinta	Monte Abraão	Sintra
18/10/2006	Pegadas em oeiras	Quarta	Oeiras	NA Linha
19/10/1991	Recuperar no Lumiar	Terça	Lumiar	Lisboa
20/10/2021	Keep coming back	Quarta	Portimão	Algarve
20/10/2021	Keep coming back	Quarta	Portimão	Algarve
20/10/2022	Oportunidade em Lagos	Quinta	Lagos	Algarve
21/10/2024	DNA-Diversity NA	Segunda	Cascais	NA Linha
23/10/1988	Sentimentos	Domingo	Carmo	Lisboa
24/10/2012	Caminhando para a serenidade	Quarta	Amadora	Sintra
24/10/2022	Arriba NA Caparica	Segunda	Caparica	Sul
25/10/2023	NA rota da recuperação	Quarta	Abrantes	Lisboa
27/10/2023	Passo a Passo	Segunda	Portimão	Algarve
14/11/2016	Barreiro Livre	Segunda	Barreiro	Sul
14/11/2019	Recuperação em altitude	Quinta	Guarda	Grande Porto
14/11/2022	Novo Caminho	Segunda	Moscavide	Lisboa
15/11/1999	Grupo da Lapa	Quarta	Lapa	Lisboa
17/11/1994	Honestidade, mente aberta e boa vontade	Quinta	Devesas	Grande Porto
18/11/2024	The Journey	Segunda	Loulé	Algarve
27/11/1997	Oficina das emoções	Quinta	Faro	Algarve
27/11/2023	À Descoberta NA Recuperação	Segunda	Sines	Sul
28/11/2007	Outros Fados	Quarta	Coimbra	Oeste
1/12/93	13-14:30 Em recuperação	Terça	Berna	Lisboa
4/12/16	Cavaleiros em recuperação	Domingo	Sto. Ant. Cavaleiros	Lisboa
8/12/96	Onda de recuperação	Domingo	Ericeira	Lisboa
8/12/08	Arroios	Segunda	Arroios	Lisboa
10/12/1993	Serenidade à quinta	Quinta	Berna	Lisboa
13/12/2023	Paço a Passo	Quarta	Paço de Arcos	NA Linha
30/12/1997	Minho Limpo	Sexta	Ponte da Barca	Minho

If you want to see the anniversary of your group, yours, or your fellow members, send us an email or contact us via our Instagram and Facebook pages.

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 coordinators 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.

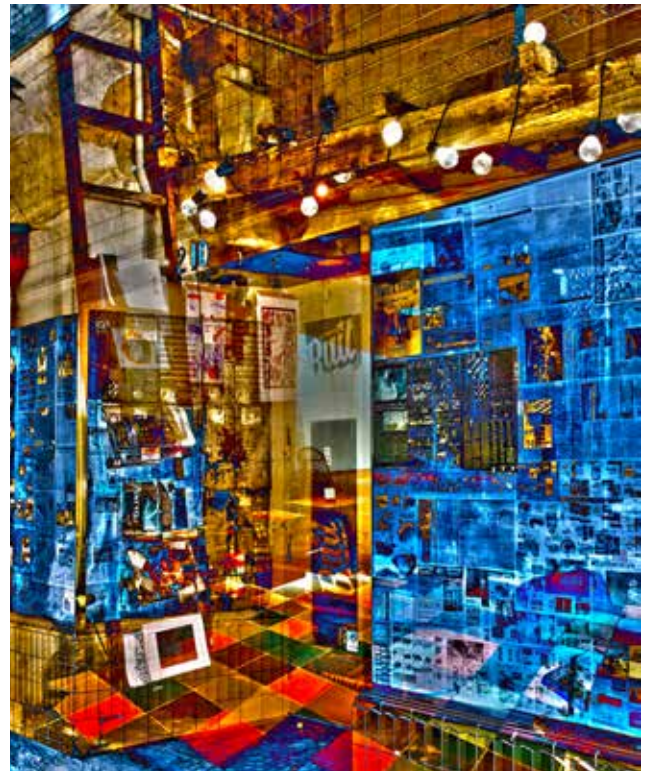
The articles published represent the experience and opinion of individual NA members and do not necessarily express the principles and philosophy of NA as a whole.

YOUR SERENE TEAM

Chair: Paulo O.

Co-Chair: Alexandra

Collaborators: José S., AF, André T, Luísa M, Mário B, Pedro Ca ... and all the fellows that would like to participate!



CONTACT

serenidade@na-pt.org

