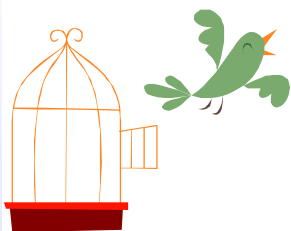


*Inside this issue...Step & Tradition 9, Poetry, Service with a Smile, and more!*

## Ninth Step

*"We made direct amends to such people wherever possible, except when to do so would injure them or others."*



Before coming to the program of Narcotics Anonymous my belief system was that everyone got what they deserved; and I justified and rationalized that I caused no harm and that I was the victim. But as a result of working the previous eight steps, I now know that victims don't recover. With the guidance of my sponsor and the list I made in the eighth step; I was now ready and prepared to make those necessary amends to the people that I had caused harm. It's only as a direct result of working the program of Narcotics Anonymous that I can now see that I owe amends to others and especially to myself. My whole belief system had to be restructured so that it would be possible for me to see that I owed an amends to others and myself as well. The amends I made to myself had to come first. It was very important that I forgave myself for the lies I told and believed of myself: the cheating, the stealing, the robbing, and the manipulation that I did to myself over and over again. Without doing that for me, none of the other amends would have been genuine. If not for the guidance of my sponsor, I would have overlooked putting myself on the list and sought out to right the wrongs that I had caused others. "Timing is an essential part of this step" (Basic Text, 5<sup>th</sup> Edition, pg. 39). But the time is in Gods' time. I was put into a position to make an amends to a childhood friend who I had disconnected myself from because of my using. I went back up north to a family gathering, my friend was there, and I felt in my heart that this was God presenting me an opportunity to make the amends that I owed to this guy. I prayed and I was prepared to do what was necessary for me to move forward. I carried this guilt and shame with me for years. Every time I ran into him, I would go through some feelings because I knew I had wronged him in the past. I approached my friend and told him that I needed to make an amends to him. I explained to him what the amends was for, why I was making the amends, and what I was going to do to correct the harm I caused. The funny thing about it was, that by the time I finished talking to him, he had no clue of the situation.

*-Continued on pg. 5*

## Ninth Tradition

*"NA as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."*

In my personal affairs, the Traditions teach me how to function in relationships outside of myself and with society. There's not much to read on this tradition; however there is much to learn and think about. Learning, understanding and living these traditions takes much awareness and practice.

Keeping in mind the unity from Tradition 1; a loving God is the guiding hand from Tradition 2; the desire to stop using from Tradition 3; the awareness of our fellowship as a whole from Tradition 4; carrying the message that any addict can stop using drugs or whatever it is, lose the desire to use and find a new way of life from Tradition 5; keeping our "primary purpose" our priority from Tradition 6; learning that we are responsible today in all areas of our lives, financially too, from Tradition 7 and understanding that we, as a whole, need help from the society for which we are now learning to be a part of from Tradition 8.

So what is my understanding of Tradition 9?

When we have activities and or functions which are learning tools and necessary on our bridge back to life, this tradition states we may choose a committee or board, through a group conscious. The committee or board then focuses solely on the function at hand, to assist our fellowship and society's requirements. Licensing, deposits, contracts etc. are just a few functions of this service committees responsibilities. The "function" itself requires much attention and detail. The committee or board communicates the requirements of the "functions" needs to our group. This allows the committee to focus on the "functions" primary purpose and the N.A. group to focus on "NA's" primary purpose. At that point the service committee along with the N.A. group, as a whole, assesses all the needs of the activity and or function, pulls in our Traditions and we make decisions through the Good Orderly Direction of our Traditions.

*-Anonymous*

**Gold Coast Area of Narcotics Anonymous**

[www.goldcoastna.org](http://www.goldcoastna.org)



## SERVICE WITH A SMILE



### SKINNY ON SERVICE

What's the skinny on service in the Gold Coast Area? Well, we don't know either, so we thought we would pose some questions to some members, who do participate, to find out How It Works.

#### **What prevents you from doing service?**

*Addict A:* There is nothing that prevents me from service. If anything it would be that I was too busy at the moment with school/ work to honor a commitment.

*Addict B:* Nothing.

*Addict C:* No vehicle. Insecurities. Isolating. My will. Nothing.

*Addict D:* Nothing .

*Addict E:* Nothing, service is done on many different levels. For me service can simply be showing up at a meeting and sharing with another addict. Service can be done at the GROUP, the AREA, or any one of the SUBCOMMITTEE'S. Very simply SERVICE is giving back that which was so freely given to me with GRATITUDE.

#### **What motivates you to do service?**

*Addict A:* Initially my motivation for doing service was to stay clean. "We can't keep it unless we give it away." As I started to do service, showing up at subcommittee meetings, staying for business meetings, chairing meetings, taking a hotline shift or an H&I commitment, I felt better. Service allows my spirit to awaken by getting me out of me. The disease of addiction is self centered in nature and doing service helps me by helping you.... I was taught early on, "the therapeutic value of one addict helping another is without parallel". :

*Addict B:* Feeling that I'm part of the group/community

*"When being of service in Narcotics Anonymous, many of us have chosen to give back to the program in the same way we were helped when new."*

-It Works How and Why p.118

and helping to carry the message of recovery.

*Addict C:* Keeps me clean by keeping me busy, giving me something to do and somewhere to go. Keeps me out of trouble, since too much free time on my hands leads to trouble for me. I do it no matter what. Service helps me stay clean. I have to give back what was so freely given to me. The willingness to give back.

*Addict D:* It's how I stay clean. My sponsor taught me to give back what was given to me. I don't want to get high. I love people. It helps me to stay clean, involved and connected. It helps me to keep clean and happy. I love my life that NA has given me and I want to keep it.

*Addict E:* My desire to stay clean is what motivates me to do service, I can't keep what I have unless I give it away. The Fifth Tradition also covers this, my primary purpose is to stay clean and carry the message to the sick and suffering addict, as it was done for me.

#### **What do you think would attract more people to service?**

*Addict A:* There are so many different areas of service. I think personalities and the general egomania of it turn off people at the area level. I guess more rotation of people. I know that some people stay involved too long with a certain group (like activities) and no one wants to deal with them. They can drive newer people away. The concepts talk about the need to rotate people to different committees to keep those committees from taking on the personality of those that lead.

*Addict B:* Service should be an attraction to itself, to give back to the program that saved our lives, and to feel a part of something.

*Continued on pg. 5*

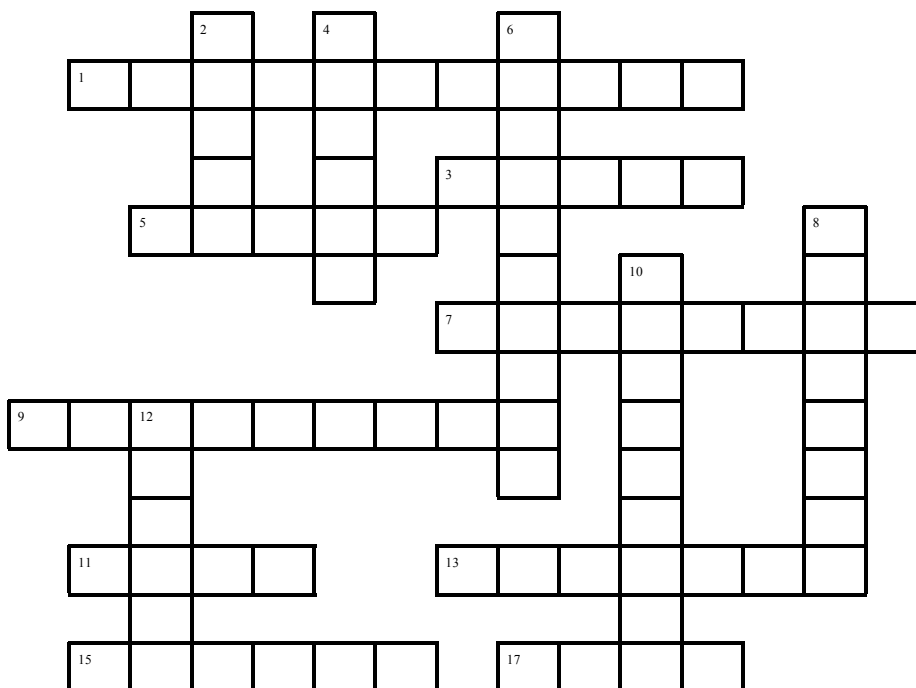
*"Our primary purpose, not the personalities of our trusted servants, is what defines NA, as such ."*

- It Works How and Why p.193



## STEP 9; LOVING ACTION REQUIRES COURAGE

Hint: Most of the clues come from the Basic Text and It Works How & Why; Step 9

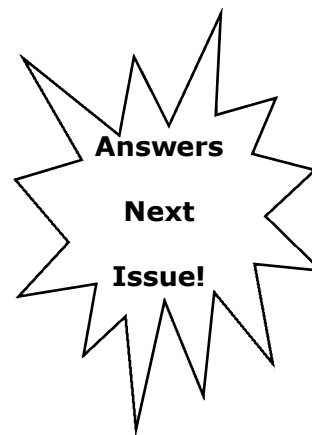


### ACROSS

- 1 something we may get that can be very unexpected, if you are humble
- 3 a lot of courage and this go into making an amend. George Michaels says you gotta have it.
- 5 not a human doing
- 7 \_\_\_ is an important part of our recovery
- 9 instead of a magical journey, we are going on a \_\_\_ journey
- 11 we don't have to hide anymore from the people we have \_\_\_. Also a NIN song.
- 13 being a productive member of it
- 15 'Dear John, I'm writing this because you are no longer alive...'
- 17 this person deserves amends too, to lessen guilt and shame

### DOWN

- 2 one of the barriers that stands in the way of progress and growth
- 4 we keep a watch for this. but it's also essential for this step
- 6 can't put a price on honesty and humility
- 8 relating to others helps alleviate threat to our \_\_\_\_. No need for ADT.
- 10 that separate list
- 12 a punch in the jaw. or some amends could do this



*"The extended nightmare of our addiction is finally beginning to fade in the dawning light of our addiction" - It Works How and Why p.94*

One Liners



THE MOST USELESS TO DO--WORRY

THE GREATEST JOY--GIVING

THE GREATEST LOSS--SELF RESPECT

THE MOST SATISFYING WORK--HELPING OTHERS

THE UGLIEST PERSONALITY TRAIT--SELFISHNESS

THE MOST ENDANGERED SPECIES--DEDICATED LEADERS

THE GREATEST SHOT IN THE ARM--ENCOURAGEMENT

THE GREATEST PROBLEM TO OVERCOME--FEAR

THE MOST EFFECTIVE SLEEPING PILL--PIECE OF MIND

THE MOST CRIPPLING FAILURE--EXCUSES

THE MOST POWERFUL FORCE IN LIFE--LOVE

THE MOST DANGEROUS PARIAH--A GOSSIPER

THE MOST INCREDIBLE COMPUTER--THE BRAIN

THE WORST THING TO BE WITHOUT--HOPE

THE DEADLIEST WEAPON--THE TONGUE

THE 2 MOST POWER FILLED WORDS--I CAN

THE GREATEST ASSET--FAITH

THE MOST WORTHLESS EMOTION--SELF PITY

THE MOST PRIZED POSSESSION--INTEGRITY

THE MOST BEAUTIFUL ATTIRE--A SMILE

THE MOST POWERFUL CHANNEL OF COMMUNICATION--PRAYER

THE MOST CONTAGIOUS SPIRIT--ENTHUSIASM

THE MOST IMPORTANT THING IN LIFE--GOD



*“One of the most paradoxical aspects of our recovery is that by thinking of ourselves less, we learn to love ourselves more”*

- It Works  
How and  
Why p.95

# Things that make you go MMM...



If you live on the edge of the program, you might fall off

Remember we're all in the biggest room of all. The room for improvement

I don't always know what God's will is for me, but I always know what it's not

I didn't get clean to be miserable

If you don't deal with your feelings, they'll deal with you

I did my using from Park Avenue to park bench

If you really want to stay clean, you will find a way. If you don't you will find an excuse

Shared by fiftyish member: I saw this was a teen meeting, and I figured I was emotionally ready

Try our "20/20 Vision Plan." Come 20 minutes before the meeting, stay 20 minutes after, and see if you can't connect with some people with clean time

*Step 9 Continued from pg. 1*

Even though he had not remembered what I had done, he accepted the amends. In that instance I corrected a wrong and most importantly, I freed myself from self bondage. The amends that I make to others and myself in the ninth step are a very important part of this process called recovery. Without it, I'm doomed to repeat the same behaviors. For me the ninth step is about freedom. Thank God I'm free today.....

In loving service

*'Service With A Smile' Continued from pg. 2*

*Addict C:* Coffee and donuts...hahaha. Good sponsors will get their sponsees to do service. Having a good sponsor who also is involved in service. Carrying a message. More talk about giving it away.

*Addict D:* For me it was just the gift of desperation.

*Addict E:* I think that more people would be attracted to service if they understood the joy and happiness that service brings and the personal gratitude they would feel.

If you would like to write about this topic or any other in the newsletter, please see Back Page or a Newsletter subcommittee member.

## MY STORY

I've been leery of writing this, but Saturday was my 35th Anniversary and I thought I'd mark the occasion.

I grew up in suburban New York in a town overlooking the Hudson River. I'm a middle son, my father was a lawyer and my mother a teacher. Both my parents were the children of addicts and, although they were good people, especially my father, our family suffered a level of dysfunction rooted in their own early experiences. I grew up in a house where there were lots of secrets, where love wasn't openly expressed, and where there were high standards regarding surface polish, manners, and looking good at all times.

I was the family misfit. I stuttered, wasn't as good looking as my brothers or my parents, wasn't as athletic, was sexually confused, and just generally didn't fit in. And that was all before I ever used! I was lonely, alienated, angry, lacked self-esteem, had a superiority complex, was manipulative, lied a lot, was self-piteous and whiney. I yearned for love and understanding, but was too self-centered and emotionally stunted to know how to go about getting those things. I was suicidal.

I started using when I was fourteen and had a phony ID when I was 15 (the drinking age was 18 way back when). My generation believed it had "discovered" pot and hallucinogenic drugs, and I regarded myself as a pioneer and trendsetter in those areas.

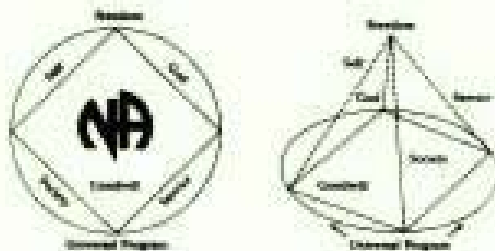
Most of my using was done in a school/college/university environment. That was a setting where I felt safe and where I felt I had beaten the system. I had lots of adventures and escapades, of course, but basically my using was a story of getting high and being depressed most of the time. I felt myself trapped in an unending spiral of despair and destruction.

I went to my first meeting in 1975 and I have never used again. I had reached the end of my rope and probably would have killed myself because I was so miserable. Instead, I met another gay man who belonged to a 12-Step program and, after talking to him when I was really loaded, I went to one of these meetings by myself. Once there I met another man, Ray T., who belonged to NA and he took me to my first NA meeting. My recovery date is February 13, 1975.

In 1975 organized NA existed in only three places: Los Angeles, San Francisco, and Philadelphia. I was attending graduate school outside Philadelphia and so I was very lucky the program was there for me. At the time there were five NA meetings in the Philadelphia area. My friend Ray and I used to travel several times a week to get to meetings in Westchester, Philadelphia, and Norristown. Eventually, in 1977 we started a meeting closer to us in Wilmington, the Delaware Step Group, a group that still exists. Talking about the steps without any NA literature to guide us was a real challenge!

I was an anomaly in early NA and had some difficulties from people who didn't like gays or preppies. To them, because I hadn't gone to jail, didn't have a needle story, was gay, often wore ties to meetings, and didn't have any ink (tattoos), I couldn't be one of them. But, from the beginning, there were enough people (alas, not all) who accepted me for who I was: a suffering addict. Consequently, despite the homophobia and classism I've endured in NA, I was able to get and stay clean. But I'd be lying when I didn't say there have been times over the years that I've been more pissed off at NA for the intolerance it allows than just about anything.

*Continued on next page*



From early on, under Ray T.'s direction, I was involved in service at the group, area, regional, and world levels. I've had so many positions that I'd have to think about all of them. I went to my first World Service Conference in 1981 where I met Jimmy K. The position I held that lasted the longest was being on the NA Board of Trustees for five years and serving as its Vice Chairperson for two. The service I'm most proud of is having written portions of the Basic Text, several of the trustee bulletins, and the revisions of the White Book.

I am very grateful that I was given the opportunity to serve Narcotics Anonymous at a crucial time in our development, a time when we seemed to be growing exponentially and coming into our own as separate program with a distinct philosophy of recovery, not just as an appendage to another program where the "kids could talk about dope" and not bother the adults who had spilled more beer on their ties than we had drank.

Last February 13th I celebrated 34 years of recovery at my home group -- quietly and without any fanfare. I shall do the same this year. I've never been one of those charismatic addicts who speak on the circuit, sponsor dozens, and hold weekend retreats for my "sponsorship family." I do what I can and try to practice anonymity as a spiritual principle.

So how does an addict like myself stay clean for so long? That's a fair question, and I have a list of five things that have kept me clean over the decades. They all begin with "s," so I call them the "Five S's."

**Sharing** -- when I came to NA I had never shared honestly about myself with anyone. By becoming willing to trust others and to tell them who I was, I entered a new frame of reference.

**Sponsorship** -- sharing with groups is great, but there came a time when I needed to form a one-on-one relationship with someone who knew my whole story, loved me, and could be my guide. So, I got a sponsor. I still have a sponsor.

**Steps** -- NA offers a tried and true program of recovery that has as its foundation the transformation of ourselves through the steps. I worked them and they worked.

**Spirituality** -- NA has taught me a lot -- not about God, but about how to find God. I pray and I meditate on a daily basis. My whole spiritual life is based on connecting with God and with others. This is a far cry from the disconnected addict I used to be.

**Service** -- I used to put "spirituality" after "service" on my list, but I know better now. I believe that the noblest life any person can lead is a life of service to others. Whoever called NA a "selfish program" knows little about recovery. But service needs to grow out of our spiritual lives. If we serve others anonymously and spiritually, we will stay clean.

Sometimes when I meditate I have a vision. I imagine myself at a huge meeting and we're all in a circle at the end. Together, all the addicts in the circle look at the addict on their left and the addict on their right. Together, we each pledge to do everything humanly possible to help those two people stay clean for the next day. Together, we say the Serenity Prayer.

If that happened, we'd probably all stay clean forever -- together.

J.F.

## The Soul of an Addict

### Part 3

(See pg. 8 of Dec-Jan issue for Part 1  
and pg. 10 of Feb-Mar issue for Part 2)

A journey back from purgatory,  
To bask in the warmth of love's glory.  
Forgiving of myself I built a foundation,  
Solid and pure I was graciously reborn.  
A child of a power higher than myself,  
Not a penny in hand but rich with good health.  
Nursed back to life I am thankful for his word,  
The truest moments purest thoughts I've heard.  
Now I see that it all happened for a reason,  
A vessel I sail on through each moment, each season.  
Forever is what I make of it so I choose today,  
24 hours to get it right built on each word I say.  
If its not okay then its not the end,  
So a message of hope I deliver our souls to mend.  
There is a way out of the clouds that hang,  
As beautiful as the melodies the bird sang.



The notes laid out before me,  
The message I finally see.  
"Jesus loves u" written so clear,  
Serenity before me, the real me is here.  
Lay me down to sleep dreams of faith,  
Hope to wake with another smile on my face.  
Joy spread through my once brittle veins,  
Cruising down this freeway a truth so plain.  
Simple is the answer to the question I pondered,  
It seems like a decade ago this bliss I uncovered.  
Just for today I am happy to be me,  
Just for today I am at peace for all to see.  
Just for today I'm clean and serene,  
Just for today I follow god's plan  
Just for today.



*"The heart of NA beats when two addicts share their recovery. What we do becomes real for us when we share it."*  
-Basic Text p.11

Developing choices born from within

*“Once we get through a difficult time clean, we are given a tool of recovery that we can use again and again.”*  
- Basic  
Text p.86

Everyday values showcasing in the window of my heart

Surrender to win

Truths only friend

Inner weapon complete

Now here's your seat

You are the I am, as we are the one together

**I am allergic to  
narcotics  
I breakout  
in felonies  
and  
misdemeanors**

### Relapse

*We're not forced into relapse  
We are given a choice  
My higher power was with me  
But I tuned out its voice*

*What have I done  
I've revisited Hell  
The signs were all there  
And yet I couldn't tell*

*My head full of N A  
My body full of dope  
I forgot who I was  
I had no more hope*

*I stepped out alone  
Tried to run my own life  
When I try it alone  
It brings much more strife*

*I had almost two years  
I thought I had won  
My addiction was gone  
I had silenced its gun*

*I became too complacent  
Didn't use what I'd learned  
I forgot who I was  
And of course I got burned*

*I thought that recovery  
Was just not using dope  
That thought put my life on a slippery slope*

*I had to come back  
Admit what I'd done  
Using and abusing  
Was just no more fun*

*I must call my sponsor  
Let him know what occurred  
He said "go to a meeting  
And don't be deterred"*

*"You're not giving up  
Not without a fight  
Go to a meeting  
And pick up a white"*

*I admitted what I did  
With tears in my eyes  
Nobody judged me  
I got no reprise*

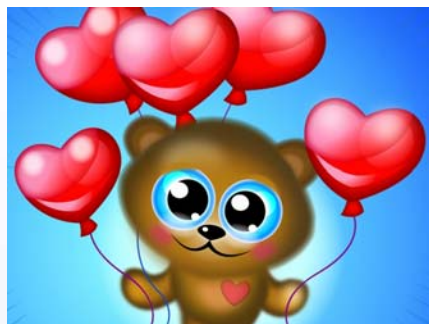
*I'm back in the program  
And it's an uphill climb  
I must remember who I am  
Just one day at a time*

*It's time I gave in  
I can no longer cower  
I must relinquish control  
To a much higher power*



### FIVE THIRTY (5:30) FAMILY

It seems for some of us a family is but a dream;  
But I know a family open for inclusion NEVER exclusion  
That is truly a T.E.A.M.  
Because “Together Everyone Achieves More”;  
Who has the willingness to walk through that door.  
No matter who’s chairing, a speaker is always preparing.  
So much camaraderie when new and old pickup a key tag,  
More love in hugs than dope in a bag.  
Tolerance for the showboat; Patience for the “woe is me”;  
Guess what? At the 5:30 they’re one big happy family!  
Beggars, cheaters, stealers, cons;  
Once washed in this family’s love they’ve all definitely won.  
Victory over self, so much wealth;  
They’ve regained spiritual wholeness and physical health.  
As for money whether a lot or a little;  
Their recovery is far from brittle.  
Freedom from active addiction;  
No longer plagued with this menacing affliction and dereliction;  
So when you’re here you’re family-No Olives, No Garden;  
An even if you act a fool you’ll still receive a full pardon.  
The judging out-the jury’s in;  
The verdict’s been read and now you can grin.  
One anniversary, two anniversary, three anniversary-see- take 12  
Baby steps and you’ll be free from a life of pain and misery.  
Not that you won’t have pain, but the 5:30 Family will hold your hand;  
And you keep 12 steppin’, you will start to stand.  
So to all who are new, old or the meat-in-between;  
Never get too brown, rather keep it green!!!



### An Amends to friends clears and mends:

My mind from the hurtful things I said...The past blends these poisonous burdens which stem from my past experiences.....Curses the Constant rewinding of the tape I created like a brick wall around my spirituality..they cripple me emotionally. ....At the end I searched for normalcy....looking for any way to my true potential....Through rigorous honesty....We clear the air from the despair that takes up space in our mind and heart. Something that sparks a start on a new path...

With many questions I took the suggestions...and now have received my share of blessings....All it took was one hug...one heartfelt hug to my friend...to heal and my make amends for the hurtful things I said.

### Amends

## Did You Know???

- 1944 First written evidence of a Twelve Step Fellowship for addicts.
  - 1947 February 16th was the date of the first meeting held in Lexington, Kentucky. Weekly meetings continued for almost twenty years. They called themselves the NARCO group. Later called themselves Addicts Anonymous.
  - 1948 Major Dorothy Berry and Daniel Carlson along with Mrs. Rae Lopez start a group called Narcotics Anonymous within New York prison systems in New York City.
  - 1953 August 17 - First documented beginning of what became today's N.A. Frank Carnahan, Doris Carnahan, Guilda Krause, Paul Rosenbluth, Steve Ryan and Jimmy Kinnon met "For the purpose of organizing an AANA group." The name was to be San Fernando Valley Alcoholics Anonymous and Narcotics Anonymous.
- Over the next few months, this committee met regularly. They kept minutes which we have copies of. They drew up bylaws and discussed how this Fellowship would function. From the beginning: 12 Steps 12 Traditions First Step said "Addiction" All Steps had "We"

# BACK PAGE



## VOLLEYBALL TOURNAMENT AND PICNIC

Sunday April 18, 2010  
 John U. Lloyd State Park  
 11 am– 4 pm, Speaker @ 2 pm  
 Donation \$10 per person  
 For info contact Barry S. (954)298-5971

## RECOVERY IN PARADISE

April 23, 24 and 25, 2010 Sugarloaf Key, Fl.  
 KOA Campgrounds  
 (800)562-7731 (305)745-3349  
 You must mention Spiritual Retreat when calling

## GCCNA FUNDRAISER ON THE BEACH

**At the Bahia Mar Hotel**  
 April 17, 2010  
 801 Seabreeze Blvd., Ft. Lauderdale  
 \$10 Admission, Meeting @ 8, Dance to follow

## GCCNA XX

### Gold Coast Convention of Narcotics Anonymous

May 28-31, 2010  
 Bahia Mar Hotel, Ft. Lauderdale  
 Contact Convention Chair John C. (954)979-8998

## FRCNA 29

Seeking Recovery Found Freedom  
 July 1-4 2010  
 Hyatt Regency  
 225 E Coastline Drive Jacksonville, FL 32202

**There's always room on the Back Page for  
 NA related announcements**

## Anniversaries



APRIL-MAY  
 AND BELATED



|              |         |           |
|--------------|---------|-----------|
| BARBARA C.   | 3/29/90 | 20 YEARS  |
| WILL G.      | 5/5/90  | 20 YEARS  |
| KATHERINE W. | 4/24/91 | 19 YEARS  |
| J.J.         | 3/17/92 | 18 YEARS  |
| KEITH S.     | 4/13/92 | 18 YEARS  |
| BARBARA      | 3/22/93 | 17 YEARS  |
| DAWN E.      | 2/17/94 | 16 YEARS  |
| LAVORIS      | 3/13/99 | 11 YEARS  |
| DORI S.      | 3/14/99 | 11 YEARS  |
| JOHNNY H.    | 3/17/99 | 11 YEARS  |
| JERRY F.     | 4/5/99  | 11 YEARS  |
| JAMES P.     | 4/2/08  | 18 MONTHS |
| SUSAN C.     | 7/23/08 | 18 MONTHS |
| PAUL A.      | 3/3/09  | 1 YEAR    |
| DEE A.       | 3/16/09 | 1 YEAR    |
| ESTES F.     | 3/23/09 | 1 YEAR    |
| KEN K.       | 1/27/09 | 1 YEAR    |

*The Bottom Line* is in need of your recovery-oriented articles, poems and artwork. All submissions, including anniversaries, can be given to your GSR, to a newsletter subcommittee member, or to newsletter-chair@goldcoastna.org. We are grateful for all submissions to *The Bottom Line*. Submission does not guarantee publication. The subcommittee reserves the right to edit submissions for space and content.

### *Upcoming topic ideas...*

- \* Dealing with Sickness, Surgery or Death in Recovery
- \* Sponsor Assignments
- \* Show your NA pride in a drawing, sketch or graphic art
- \* Jokes, Humor and Cartoons
- \* Spiritual Principle Acronyms

**Got any of your own? The subcommittee would love your support. We meet the 2nd and 4th Saturday of the month. Call Sam at (954)832-6951 for more info.**

*"We don't sell recovery; we share it freely with others in a spirit of love and gratitude" -Basic Text pg. 186*