



# The N.A. Unity

**"No Addict Need Ever Die"**



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August 14, 2005

## Checking our Motives

I have started to notice patterns in my daily behavior. New perspectives on the things I do throughout the day have taken on new light since coming into recovery and "officially" trying to work a program. There are lots of days that are better than others, and often days that entirely just suck. But one thing that is always apparent, the outcome of my state of mind is usually depicted by my dealings with others and how I deal with personal relationships. When we go to meetings on a regular basis, and see and get to know the other recovering addicts who attend them, we start to notice things about them. These things include their personality type, demeanor, sense of humor, and general temperament toward life. We also get to know what's going on in their personal lives. We share with each other the things that go on with everyday living, how they feel, how they affected us, and how we got through them, happy or sad. We tend to forget about the creed of the fellowship, and the basis for which makes this fellowship a welcome place for addicts of all stages. This is an anonymous program, meaning that we can share stories, but not names. Lots of meetings will state in the closing of the chair that the twelfth tradition states "What you see here, what you hear here, let it stay here." And the meeting replies with "Here,

Here." This is contrary to what we should actually be doing. The whole purpose is to carry the message to the addict who still suffers. This could be that addict on the bus stop bench, in the treatment center, or someone from your personal past. All of these situations are instances that we can take an opportunity to carry the message to another addict. We should remember to share our stories, not the names, this is anonymity.

**"Try and think what that person is going to do with the information they learn from you"**

In stating the above, my main message is to talk about checking our motives. When we talk about another addict and their life, or something they shared in anonymity with others around the fellowship. No, don't gasp for air, this is not a personal attack on anyone in particular, this is a situation every single one of us has been guilty of at some point or another. I will not deny that I haven't done this. We must remember the outcome of this situation. The big picture is just like when you were a kid in school and

everyone gathered into a circle. The teacher would lean down and whisper into the first kid's ear a sentence. Everyone would then pass it along, kid to kid, until the last and when it got to them they would say out loud what it was they heard. Majority of the time it has been totally distorted and twisted from its original form that it means nothing nor says anything that makes any sense. This kind of thing can greatly damage someone's confidence in the tables of Narcotics Anonymous. Let alone fuel the diseased concept that we cannot trust anyone, anywhere, ever. When we find ourselves doing this, are we discussing things with others to help them? Or are we doing this to ensure our own recovery, and carry a better than thou torch over the bodies of the victims of gossip? Next time you are "Discussing the welfare of so and so" with another recovering addict, try to think of what that person is going to do with the information they learn from you. Will that story get distorted, and will someone's feelings and faith in other recovering addicts be damaged? What are your motives?

-Anonymous

# Help Us!



**Mail all  
submissions to:  
ATTN: Newsletter  
Western Wayne County ASC  
P.O. Box 112  
Wayne, MI.  
48184  
Or email @  
[wwcannewsletter@hotmail.com](mailto:wwcannewsletter@hotmail.com)**

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**You ARE Welcome**

We all hate to admit it, yet we see it every day. A newcomer walks in the door, scared, lonely, insecure, and hardly anyone even talks to them. If they DARE to speak out of turn at the table, or during the readings out of ignorance, they get dirty looks, eye rolls or are rudely corrected by older members. Not all of us are like that. At many of my first meetings, some people took time to talk to me, make me feel welcome, give me their numbers, etc. Were it not for them, I'd have never stayed, remaining ignorant of what the program had to offer. There were many meetings where people ignored me, didn't pay me no much attention, and let me leave with nothing but doubt toward the N.A. way.

All of us have heard it said "the newcomer is the MOST IMPORTANT person here." But how many of us actually believe that? Newcomers come in with low self-esteem and over-sensitivity. It is the group's responsibility to help that newcomer feel welcome, and show that person love and support. No, we ourselves cannot be completely responsible if a newcomer decides to get high. However, if you were new and everyone made you feel like an outcast, how long would you have stayed? Just remember that no matter how much clean time or recovery you thing you have, you were once in that same place. Though their actions may annoy you or even repulse others, just remember where you came from, because your actions weren't wonderful acts of kindness, or else you wouldn't be here. If you look at differences rather than similarities, making a newcomer feel unwelcome, then you aren't getting any better yourself.

None of us is perfect when we walk in, no are we now. No matter how much service work you think you may do, YOU DO NOT GOVERN when anyone else speaks, out of turn or not. When you blurt out "One Meeting!" to a newcomer, think of all the times you've talked out of turn. I've never met an addict who hasn't, and I've been to a few N.A. meetings. How then, BEING an addict, can you judge an addict?

Early in my recovery, I was told by a member at an N.A. convention that I couldn't re-enter an open speaker after leaving for just one minute. I then had three days clean, and an anger problem. I

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"All the misery you suffered to get here has EARNERD your seat here."

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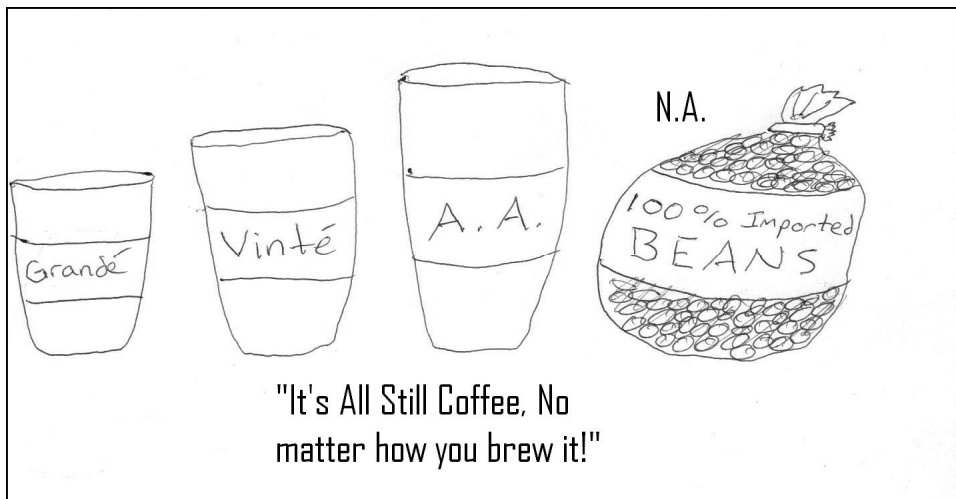
politely let him know he had offended me by the tone he used, arrogant, arm across the door, smug smile, etc. He actually laughed at me. I said "If you talk to a newcomer that way, and they leave, because of it...."

"That would be their problem." He laughed as he said, cutting my words off in mid-sentence. I was furious. I LEFT THE COVENTION, with thoughts of violence swimming in my head. However I was lucky. I let it be a lesson, not to ever let ANYONE push me out N.A.'s door, NO MATTER WHAT. I earned my seat, and if you don't like me, I'm still quick to tell you "where to go." Other newcomers may not be as lucky as to think of it that way, they may not have that assertiveness necessary to defend them. They might go out and use and it may be their last time, their last chance at life as we know it. So, when you see a newcomer, look at them as a mirror image of yourself, and if what you have to say isn't nice, keep it to yourself. You may save a life by keeping it to yourself or saving it for your sponsor or someone who wants to hear it. And if you are a newcomer, and someone treats you "less than", just remember: all the misery you suffered to get here has earned your seat here. Don't let anyone intimidate you. Keep on coming, your life DOES depend on it.

Nate L.

**Slapsticks Anonymous**

By James L.



## The Anatomy Of The Serenity Prayer

*For those who say the serenity prayer daily or at the close of meetings, here is a little something we've found that breaks down the prayer and gives meaning to all of its parts. We hope this helps you in your understanding of the prayer and what it truly means and asks of us.*

**GOD** – Saying this I am admitting the existence of a consciousness or Higher Power that is greater than I.

**Grant** – Saying this second word, I am admitting that this consciousness or Higher Power is able to bestow and give to me and others.

**Me** – I am asking for myself. Holy books say that if I ask sincerely, it shall be given. It is not wrong to ask for improving myself. For the improvement of my character, both I and people around me will be happier, and my relationships will have a better chance to improve.

**Serenity** – I am asking for calmness, composure, and inner peace in my life which will enable me to transcend my ego, to think straight, and to govern myself properly.

**To Accept** – I am resigning to conditions as they are right now. I am living in the now, the present moment.

**The Things** – I acknowledge my tragedy, death, suffering, illness and pain, as part of my life, neither good nor bad. I accept my humanness and fallibility. I accept my lot in life as it is. Until I have the courage to change my part of my life I don't like, I must accept it, with out doing so grudgingly.

**I Cannot Change** – I can't prevent these events or conditions from happening to me or to others.

**Courage** – A quality which enables me to deal with the problems and realities of life without reliance on mood altering behaviors. A determination to stand my ground and "slug it out" with all the issues, pleasant or otherwise, that might return me to my self defeating behaviors. A strength of my spirit to face and handle the negative. Fearlessness in the practice of faith, humility and honesty.

**To Change** – In facing the negatives directly and honestly, I am asking for myself and my life conditions to be different for me. I am taking an active part in this changing.

**The Things I Can** – I am asking for help to make the right decisions. Everything is not the way I would like it to be in my life. I must continue to face reality and constantly work toward my continued growth and progress.

**And Wisdom** – I am asking for the ability to rise above my ego and form sound judgments about myself and my life. I then use my ability to ask for guidance from myself, others, and to a Higher Power.

**To Know The Difference** – I want to be able to understand clearly truths of fact. I want to see things differently in my life so that I will be more aware of myself and of others. I need to sense a definite value in loving.

**"Patience is the art of concealing your impatience." - Herb and Jamaal**

# Poetry!

## Rather

Much rather make a meeting,  
 Than take a brutal beating.  
 I'd rather have a hug,  
 Than chase that lousy drug.  
 I'd rather use my brain,  
 Than smoke some more pain.  
 I'd rather pray to God,  
 Then drift into a nod.  
 Much rather set some goals,  
 Then poke holes into my soul.  
 I'd rather see a show,  
 Than buy one more.  
 I'd rather buy a car,  
 Than spend it near and far.  
 I'd rather hear you babble,  
 Than lay my head on gravel.  
 I'd rather read my book,  
 Than watch my brain cells cook.  
 I'd rather have N.A.,  
 Than a pine box any day.

## If We Only Open Our Eyes

By Thomas G.

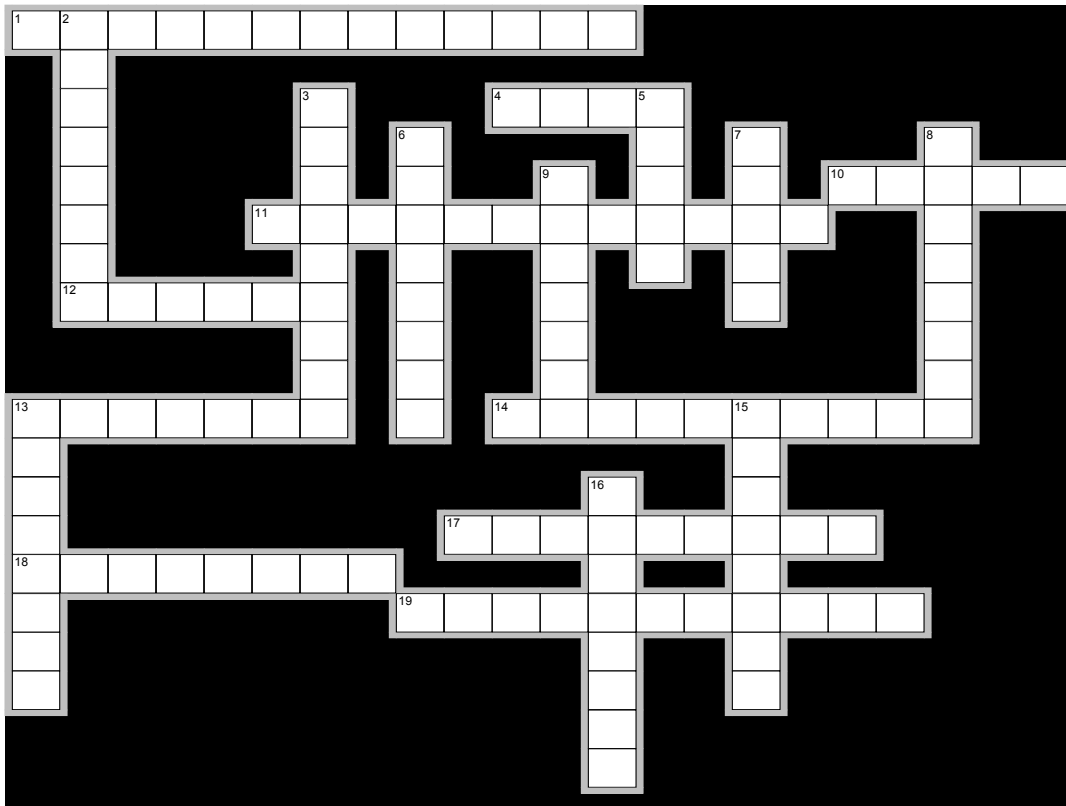
Dew drops glisten like so many colored gems  
 By the rays of the dawning sun.  
 Awaken by a vision, directed by a light.  
 A new life has just begun.  
 Exploring my world with eyes to see  
 The things that weren't there before.  
 Like the green in the grass and the birds in the trees,  
 And the path that leads to heaven's door.  
 Here, now on the other side of the rainbow,  
 I've finally found peace in this place.  
 Walking beside gentle streams of His mercy  
 And waterfalls of His grace.  
 Living here in the garden of love,  
 I have everything that I desire. And  
 With each passing day as I kneel to pray  
 On the wings of angels I fly higher and higher.  
 Hues of yellow change orange then purple  
 As the day slowly fades away.  
 Watching the sunset low on the horizon,  
 I thank His Majesty for another day!



## High on Life By Felton J.

As I stand in the window  
 Listening to the birds sing their morning song,  
 The trees are beginning to bud  
 And I know summer won't be long.  
 The clouds are gray  
 The sky is bright and blue  
 As the sun peeks out to shine  
 On me and you!  
 Flowers begin to stretch high  
 Reaching for the sun rays  
 As a gentle breeze  
 Starts to flow across my body and face.  
 Then a wonderful spirit within

Starts to tingle with so much joy.  
 Then I realize I am high on life today  
 And not things like girl and boy.  
 Using never felt like this  
 And it can never compare.  
 So I'll settle for a dose of hope  
 In this world where life is sometimes unfair.  
 There's going to be times when I am sad  
 Even times when I break down and cry  
 But no matter what I don't have to use today  
 And to me that makes the difference inside.  
 You see me high on life  
 And that I can't deny!



This issues Clues once again come from a chapter in the Basic Text. One hint we'll give you to help find the clues is this, *"It's in the book!"*



**Across Clues**

- 1. Service gives us \_\_\_\_\_ to grow in ways that touch all parts of our lives.
- 4. Some things we \_\_\_\_\_ accept, others we can change.
- 10. Any \_\_\_\_\_ addict is a miracle.
- 11. Ongoing recovery is dependent on our \_\_\_\_\_ with a loving God who cares for us and will do for us what we find impossible to do for ourselves.
- 12. There is a \_\_\_\_\_ or an energy that can be felt in the meetings.
- 13. The initial \_\_\_\_\_ we express is the desire to stop using.
- 14. We recover in an \_\_\_\_\_ of acceptance and respect for one another's beliefs.
- 17. When we stop living in the here and now, our problems become \_\_\_\_\_ unreasonably.
- 18. N.A. is like a \_\_\_\_\_ in a sea of isolation, hopelessness and destructive chaos.
- 19. Open-Mindedness without \_\_\_\_\_, however, will get us nowhere.

**Down Clues**

- 2. Our own self-will leads to many \_\_\_\_\_ in our recovery.
- 3. Our \_\_\_\_\_ allows us to recognize our daily growth.
- 5. We learn to \_\_\_\_\_ God for help daily.
- 6. One way that we can continue a conscious contact, especially in hard times, is to list the things for which we are \_\_\_\_\_.
- 7. Worrying is a lack of \_\_\_\_\_.
- 8. We \_\_\_\_\_ ourselves by working the steps and using the tools of recovery.
- 9. Each of us is free to work out our own \_\_\_\_\_ of a Higher Power.
- 13. By \_\_\_\_\_ ourselves and asking for help, we can get through the toughest of times.
- 15. \_\_\_\_\_ isn't a strong point for us. That's why we need our slogans and N.A. friends to remind us to live the program just for today.
- 16. Honesty is the \_\_\_\_\_ to our diseased thinking.

**Clean Time Celebrations!**

June 8th **Maria M.** 1 yr

June 19th **Owen S.** 1 yr

July 1st **Lydia K.** 3 yrs

June 21 **Anthony M.** 1 yr

June 1st **Harry T.** 3 yrs

June 10th **Steve W.** 18 mos.

June 8th **Kim W.** 7 yrs

July 13th **James L.** 1 yr

June 25th **Pat K.** 6 yrs

June 28th **Katy O.** 18 mos.

June 26th **Jenna H.** 3 yrs

July 15th **Daphne H.B.** 6 yrs

July 15th **Rachel A.** 1 yr

July 17th **Mike W.** 1 yr

**Total Clean Time = 37 Years!**



**Activities**

**Next Campout will be August 19th,20th, and 21st @ Camp Agawam. 1301 W. Clarkston Rd. Lake Orion, MI. (Just North of Pontiac)**

The weekend spiritual retreat will have workshops and speakers. There are indoor lodges available, RV's and tents are welcome. Each lodge has a kitchen and we have the dining hall (seats 200) Please bring something to share for potluck/community breakfast, or help in the kitchen. There is also Swimming, fishing, canoes, and of course campfire meetings. The pricing is as follows....

Outdoor camping \$10 per person for weekend

Indoor Lodge \$15 per person for weekend

Day Pass \$2 per person, out by 10pm

Children with parents half price. NO PETS

Contact Stuart L. (313)937-0095

**Helpline Volunteers Are Needed!** All that is required is 90 days clean. There is a 20 minute workshop, call forwarding is available, and the only commitment is one day a week for 2-3 hours for one month. Workshops at your home group can also be arranged, please contact the Chair—Jim P. (313)-682-3292 or co-chair— James B. (734)981-1640

# Announcements

**Metro Detroit Regional Convention Presents all day Speaker Jam.** Speakers from all areas, Weakest link Game NA Style. There will also be a dance. The cost is \$8.00, no addict will be turned away. Saturday September 3rd, 2005 9:00am until 1:00am at the Holiday Inn 17123 Laurel Park, Livonia. For more info call E&F chair Karen C. @ (313)575-2718

**Western Wayne Area H&I Sub-Committee** needs you. If you have 6 months or more of clean time we would like you to get involved with hospitals and institutions. We need panel leaders, panel members, and anyone with a desire to stop using that have good ideas to get involved with at our H&I Sub-Committee meeting. Workshops are held at St. Mary's hospital the first Friday of the Month at 8:00pm. And the sub-committee meets ever 3rd Friday at St. Mary's at 6:30pm

**MEETING NEEDS SUPPORT !!!!! STILL!**

The Straight from the book meeting of Narcotics Anonymous is still struggling with it's support and attendance. We need trusted servants badly. The meeting is child friendly and is one of the oldest meetings in the Western Wayne Area. The attendance at this meeting used to be one of the largest around. Please come out and show some support for this meeting, so that it's doors are open for newcomers and old-timers alike when they are needed. It is located at Good Hope Lutheran Church on Cherry Hill just east of middlebelt. The meeting starts at 8:00pm. See you there!

**DISCLAIMER FORM**

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NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_