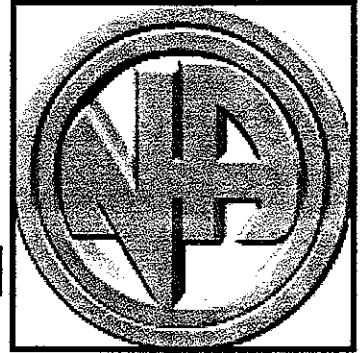


MACOMB MIRACLES



December 2009

Volume 9 Issue 12

Newsletter of the Macomb County Area of Narcotics Anonymous

Publisher's Notes

Macomb Miracles welcomes submissions from all readers. Letters and other items submitted should be 100 words or less and be of NA related nature. All items must include a signature, valid address and phone number. First name and last initial will be used as a signature line unless the writer requests anonymity. **Macomb Miracles** reserves the right to edit items submitted and refuse to publish items not in keeping with the traditions of NA. All submissions become the property of **Macomb Miracles** and will not be returned unless accompanied by a self addressed stamped envelope at the newsletter sub-committee or area service committee meetings. The authors release form on page 2 must be included with all submissions.

Submission may be made by e-mail at the following address: macombarea@michigan-na.org or Macombmiracles@comcast.net

Please attach a copy of the author's release with the file to publish and date submitted. Typing your name along with your telephone number in the SIGNED field will be considered an appropriate substitute for a hardcopy version of the release. All e-mail submissions will be voice verified before publication. If possible articles should be submitted as HTML, Microsoft Word DOC or TXT text formats. Preferred graphics formats are GIF or JPG

Back to the Basics

The holiday's are upon us, it's time to celebrate and possibly enjoy the season once again. Soon comes the New Year. There is no day like today to get clean and stay clean, or to renew our commitment to the basics of the N.A. program and try to get our house in order. I hear so often at meetings "get back to the basics" This was stated recently at a meeting I attended during a discussion. After this statement was made I asked "what are the basics?" Of course "don't use" was a general consensus, "God" was also stated, after that I didn't really hear that much except for the program. I asked what the program was? I suppose I didn't hear what I thought the program was or what the basics are and was disappointed. My sponsor always used a list from an I.P. (informational pamphlet) when ever he mentioned the basics.

1. Don't use no matter what.
2. Go to meetings.
3. Ask you high Power to keep you clean today.
4. Call your sponsor.
5. Read NA literature
6. Talk to other recovering addicts.
7. Work the 12 steps of N.A.

When I am struggling with staying clean or battling a character defect, one or all seven of the items listed above will help me get through it, *The Basics*. Be good to yourself today. Read an I.P. list from I.P. #23.

Submitted by
Clay M.

Affirmation of the Month

Just for today I will act in a way that I would admire in someone else.

"Our common welfare should come first; personal recovery depends on N.A. unity"

Tradition 1 Quote

To maintain unity within Narcotics Anonymous, it is imperative that the group remain stable, or the entire Fellowship perishes and the individual dies.

Poems

I woke up at 6:00 am and was phen-
ning for a dose of that medicine.
My head must be playing games on
me again.
I try not to think about it, but can't
win, it's a struggle and I think I am
breaking down with-in.
It's not what I want, it's the obses-
sion.
I know I may not make it out alive
again.
This time is different, I'm throwing
it in it's face and I'm closing the
door.
I'm pushing it away, I don't want it
NO more.
Sometimes my thinking tells me I
have nothing to lose.
What can a little high do?
I know today it won't take me far,
maybe 6 feet under or behind bars.
So I remind myself there is another
way, or perhaps I'll give in,
JUST NOT TODAY!!!

Submitted by
Ashley G.

Experience, Strength, and Hope

Relief

Recently I had an opportunity to sit alone for awhile. No TV, no radio, no kids, nothing, just the tick tock tick tock of the clock in my kitchen. I let my mind wonder, the thoughts went very fast at first and after awhile they dwindled down. I began listening to my inner self.
It's something I used to practice quite frequently; I can't believe I forgot how good it feels. I sat for awhile and got lost in main-
taining the feeling. I believe I was meditating. After remaining quiet for a long while I began to speak to God. It was relief, a moment I've been waiting for what seems ages. I always seem to avoid the things that bring me happiness.
Later that day I found myself crying, I couldn't explain why, and came to the conclusion that I was simply feeling some feel-
ings I put on the backburner. I feel refreshed. I've been so dis-
tant from a relationship with God that I forget it is my greatest source of strength. I feel loved by God and can't wait to see what will happen in my life today.

I feel meaning and purpose returning, there is Hope.

Submitted by
Ryan R

Courage

We have Courage when we face or deal with anything that we think of as difficult, dangerous, or painful, rather than withdrawing from it. Courage means being brave, having a purpose. Having courage is an attitude, one of perseverance.

Unknown Author

Celebrate life today, we never know what tomorrow will bring.

Living by this simple rule can at times be overwhelming. I tend to always think and plan for the future. Staying in today lets me concentrate on the here and now. Dealing with what's at hand lets me find a solution, instead of running around the problem.

Just for today, I will live in the present moment, not dwell on the past or worry about the future.

The Macomb Miracles needs your poems, stories and thoughts, that express your experience, strength and hope.

AUTHOR'S RELEASE This signed release must accompany all submissions. I hereby grant permission to **Macomb Miracles**, their successors, assigns and those acting on their behalf authority to publish the attached original material titled _____ . I understand that this material may be edited or reprinted in other NA journals. I possess legal capacity to authorize this and release **Macomb Miracles** from any liability thereof.

SIGNED _____

DATE _____

Events

**Macomb Area of
Narcotics Anonymous**
Macomb Activities Holiday Dance
 Friday December 18, 2009
 Masonic Temple
 Open Speaker Mark W. at 8pm
 Dance to follow
 \$7.00 Donation
 Bring the kids,
 Santa C. will be stopping by.
 Pizza & Pop
 50/50 Raffle
MSO's Office
 403 Livernois
 Ferndale Mi 48220
 2 blks. N. of 8 mile
Get Involved
 Our 24 Hour Helpline
 & Meeting Number is
 248-543-7200

Coffee Shop Recovery Meeting
 is in need of support. Meets on
 Mondays at 7 pm. Located at The
 Beat Cafe on Hoover just north of
 12 mile in Warren.

Blue Book Banquet

Wednesday, February 17, 2010
Doors open at 6:00
Dinner at 7:00
Speaker at 8:00
 Tickets are now on sale for the 5th
 Annual Blue Book Banquet, tickets
 are \$30.00 and available through an
 H&I committee member, or you can
 contact Steve L. at 810-523-0063.
**Help carry the message and
 support H&I**

Web-site & E-mail addresses
 Visit the Macomb Area N.A.
 Website for on-line Newsletters
 and meeting list.
[http://www.michigan-na.org/
 macomb](http://www.michigan-na.org/macomb)

Please send article submissions,
 Anniversaries to
MacombArea@michigan-na.org
 Or
Macombmiracles@comcast.net

From The Editor

The Holiday's are here and another year gone. As I take a moment to think about 2009, I reflect on the good and the bad, I consider my actions and reactions, some things I handled well, other not so well. Do I have regrets? No, I am thankful I stayed clean, thankful I have learned from my mistakes, thankful for the good decisions I have made, thankful for the people who have touched my life, and so very thankful I am alive to celebrate another year.

May all of you have a happy,
 healthy, clean, New Year.

Kathy M.

Thank You

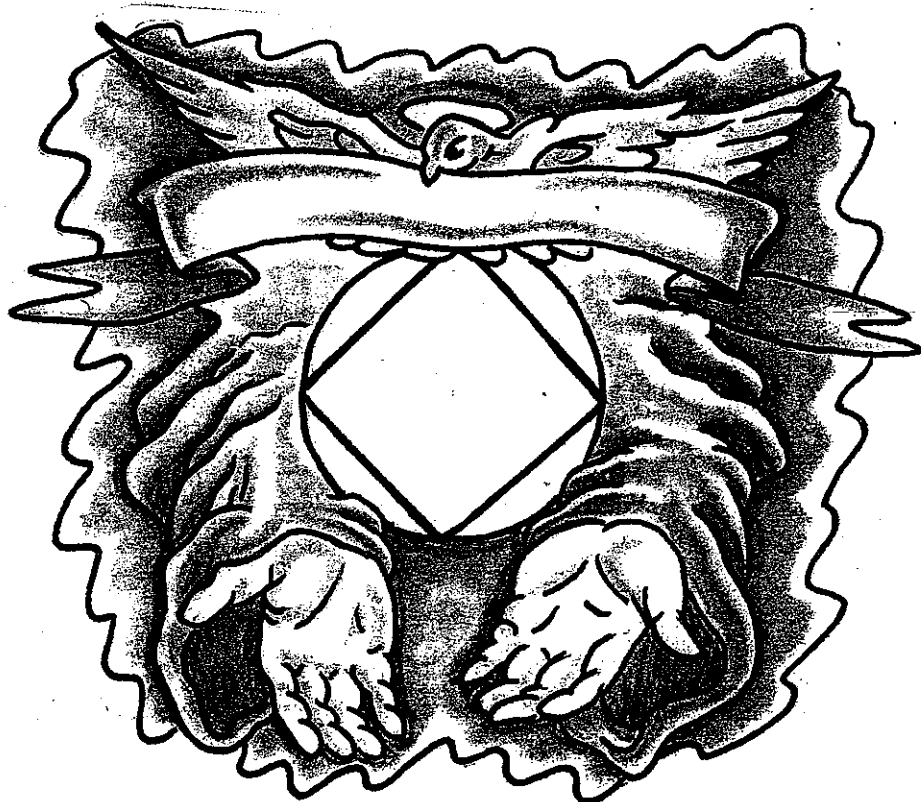
A Big Thank You goes out to Bryan H. the former newsletter chair. Bryan has done the newsletter for the past few years and recently had to step down. Thank you for your years of service and your continued support.

Macomb Miracles by E-mail!!

Get the monthly newsletter sent directly to you by sending an e-mail to macombarea@michigan-na.org with the word "subscribe" as your subject. Besides getting color, you'll get more articles and news as well as some nifty links to NA recovery online!

Art by Sebastian

Art



ACTIVITIES AND SERVICE MEETING CALENDAR DECEMBER / JANUARY

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
December 13	14	15	16	17	18 Holiday Dance Masonic Temple 8:00 pm	19
20	21	22	23	24	25	26
27 Public Relations Sub-Committee Meeting, 6:00 pm St. Sylvester's	28	29 H&I Sub- Committee Meet- ing, 6:30 pm. St. Gabriel's	30	31	January 1 Happy New Year	2
3	4	5	6	7	8	9
10 Area Service Committee Meet- ing 10:30 am, Henry Ford Hospital	11	12	13	14	15	16

MACOMB AREA SERVICE COMMITTEE UPDATE

November ASC Meeting

15 GSR's present

Open Positions

Co-secretary
Alternate RCM

Treasurers Report

Group subtotal: \$417.00
General Fund Total: \$861.34
Expense Total: \$722.95
Regional Donation: \$0

Next ASC Meeting

Sunday, January 10, 2010
10:30am

Henry Ford Macomb Hospital
McAuley Room A or B

ASC guidelines, meeting
minutes and the Macomb
Miracles available on ASC's
website: www.michigan-na.org/macomb

Anniversaries

<i>Name</i>	<i>Clean date</i>	<i>Clean time</i>	<i>Name</i>	<i>Clean date</i>	<i>Clean time</i>
Traci J.	12/04	30 Days	Terry T.	01/30	1 Year
Anthony L.	12/13	5 Years			
Ryan R.	12/17	3 Years			
Dan F.	12/29	20 Years			
Frank C.	01/13	6 Years			
Carol E.	01/13	18 Months			
Rob S.	01/15	6 Years			

Share your clean time
anniversary, showing
this program WORKS