

# MACOMB MIRACLES



March 2010

Volume 10 Issue 3

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](mailto:macombarea@michigan-na.org) or [Mabombmiracles@comcast.net](mailto:Mabombmiracles@comcast.net) Or Mailed to MCANA

P.O. Box 380473

Clinton Twp., MI 48038

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

## Keep Coming Back

I remember when I first started coming around NA. I was not sure if it was for me, being that I felt different from everybody there. I felt really scared and alone. Besides I was only there to stop doing only one drug, what do you mean I can't drink or smoke a little weed once in awhile? But I also felt a presence there, a spiritual one, and I felt relieved that I didn't have to walk around or exist with my head all screwed up anymore. I started to feel a little more stable, but didn't find anyone I felt safe talking to except for one girl there that I bonded with then. I was still new, so I was still attracted to the people there who weren't really working a program of recovery, and got burned a lot, but I knew I didn't want to go back to using.

So I stuck it out a day at a time. I didn't really know why. I got some therapy and learned to make friendly acquaintances, because I didn't know how to do that clean. Then I really started feeling connected to a group of recovering addicts, who accepted me for who I was. I later asked a friend from this group to be my sponsor, I didn't think that was going to happen, maybe for other people but not for me, well, I was wrong. A lot of the bull... in my head was all wrong. For the first time in my life I started seeing things through a more positive light. I practiced a lot of acceptance and got with my Higher Power. For a while it was just me and my God. That was where I got my strength, and I would have never been blessed with my NA family if it were not for my God and I just kept coming back.

Submitted by  
Debbie K.

### **Affirmation of the Month**

Just for Today I will be  
vulnerable with someone I  
trust.

**“Each group should be autonomous in matters  
affecting other groups or N.A. as a whole”**

### **Tradition 4 Quote**

The autonomy of our groups is necessary for our survival. A dictionary defines autonomous as “having the right or power of self-government...undertaken or carried on without outside control” This means our groups are self-governing, and not subject to outside control. Every group has had to stand and grow on its own.

## Sub-Committee Corner

Hello family I have been asked to explain to the readers of this publication, exactly what the ACTIVITIES sub-committee does. Well what is our primary purpose? It is to carry the message to the still sick and suffering addict.

So you may ask yourself how where does the ACTIVITIES Sub-committee fit in to that. Well, here is what we do in my eyes, how we carry the message of recovery.

First of all it would not be N.A. related unless we had a meeting format, that is where we as a sub-committee start. We are just like every meeting in the fellowship of Narcotics Anonymous. We have a group conscious, where the body of the sub-committee gets together and discusses who we feel will bring in addicts to listen to their story. We are a none profit organization and in order to put on these events we need the support of the fellowship.

As a group conscious, we decided on the speaker. We have to decide on what type of event will follow. This is always a hard thing to do, especially when really the only event we as a group can decide on is a dance. Dances have been the primary source of entertainment for the fellowship for as long back as members with double digits can remember. "Like I said, your still wondering how this is carrying the message" This is how, have you ever noticed when your sitting there by yourself and you can't understand how some individual is doing what there doing and said, "I wish I could do that".

Well that is exactly carrying the message. Take for instance dancing, many of us felt that we couldn't dance unless we had some sort of mind or mode alternating substance. But yet when we are a newcomer and see people in the rooms, shacking it like its hot, we are some what envies of that person. When were sitting on the side of the room, people watching and we see a person talking, dancing or both. It lets us know we no longer have to be afraid of getting out of ourselves, because we realize that person was most likely sitting in that same seat we are in when they where a newcomer. So the next time you find your self thinking "what does that have to do with recovery". All you have to do is ask one of the members that came in the doors before you. I guarantee either they know the answer to the question or they'll tell you to read some N.A. literature. Cause we all know the answer is in the literature. Cause the literature is the program.

In loving service,  
Your Activities Chair  
Charles C.

## One Addict Helping Another

"One addict helping another is without parallel" when I first read that I wasn't exactly sure what it meant. I thought it meant you had to be around for awhile, have some recovery under your belt, to help another addict.

One day, on the phone with my sponsor, I was in the middle of thanking her for helping me, when she said "you help me too" I was blown away by that. I thought there's no way I could be helping her. I was still new to recovery. I had just started working step 1. I still needed guidance. I was still calling her everyday. How could I, a newcomer to recovery, help someone who has been around for awhile?

It wasn't till much later that I understood, not only what my sponsor said to me, but that statement as well "One addict helping another is without parallel". Actually, it was driven home for me one night while I was on the phone with a sponsee. In the middle of our conversation I realized what it meant. It was the fact that in talking and listening to her, I was not only helping her, she was helping me. By reminding me where I came from.

Sharing with others not only keeps me connected, but talking with a sponsee, or anyone in the program, reinforces my own recovery. I understand that it doesn't matter how long you've been around, whether you just came through the door today or you've been around for years. We can all help each other stay clean, all we have to do is listen.

Submitted by:  
Mary R.

**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 & Information

### Area Positions Results

Chairperson– Ryan R.  
Co-Chair– Anthony P  
Secretary– Frank K.  
Co-secretary– Open  
Treasurer– Mitch G.  
Co-treasurer– Brandon S.  
RCM– John P.  
Alt. RCM– Chris K.  
Literature Chair–Mark W.  
Web servant–Open

Congratulation and Thank you to all above, for your continuing service and support at the area level.

The Macomb Area has a new P.O. box.

MCANA  
P.O. Box 380473  
Clinton Twp, MI 48038

You can now mail in articles, anniversaries, and NA information.

### MRCNA XXVI

July 1—July 4, 2010  
Midland, Mi

### Get Involved

Our 24 Hour Helpline  
& Meeting Number is  
248-543-7200

### Meetings Information

*Support these new meeting !!!*

Wednesday's at 10:45 AM at  
Renaissance Unity,  
11200 E. 11 Mile Rd,  
Warren, MI

Time to Change Meeting  
Saturday's at 6:00 PM (**change in time**)  
Richmond Assembly of God  
Gratiot & 30 Mile Rd  
Lenox, MI

**OPEN TALK**  
St. Johns Deaf Center  
Wednesday March 17, at 7:00 pm  
Speaker: Huggable Bob  
23 years Clean

### 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  
[Macombmiracles@comcast.net](mailto:Macombmiracles@comcast.net)

### **Macomb Miracles by E-mail!!**

Get the monthly newsletter sent directly to you by sending an e-mail to [macombarea@michigan-na.org](mailto: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!

### MSO's Office Location

726 Livernois  
Ferndale Mi 48220  
2 blks. N. of 8 mile  
Phone # 248-544-2010  
Web: [www.store.michigan-na.org](http://www.store.michigan-na.org)

## *From The Editor*

The Macomb Miracles newsletter needs support. I have been attending meetings for over 4 years, and hear the great messages out there at the tables. Messages from the newcomer to that person with double digits of clean time. The newsletter is in desperate need of articles sharing your experience, strength and hope. Just like when sitting at a table sharing you may share something that keeps that struggling addict clean one more day, it is the same with the newsletter. We see it all the time, the newcomer who causally strolls up to the literature table at our meeting checking out what's there, they grab a few IP's and the newsletter, both can and will help them stay clean. Our newsletter is used to share stories, anniversaries, and information about up coming events. However, the newsletter cannot continue without addicts helping other addicts.

If your group has a monthly speaker, let the newsletter know, I have had so many people speak about open talks they missed because they didn't hear about it until after the fact. For all you people with multiple years of clean time, share how it was when you came to the program, share how you continue to stay clean. For you people new to the program, share your hopes with us.

I have had the privilege of reading newsletters ranging from 10 to 20 years ago, in those prior newsletters there were always a ton of people sharing their clean time anniversaries, our current newsletter is lucky if 3 or 4 addicts share their anniversary. Why is this? I see people picking up clean time tags at every meeting I go to. This program has a lot of clean time, please share yours.

There are many ways to get your articles, up coming events, and anniversaries to the newsletter committee. You can email them, mail them to the new PO box, give them to a newsletter sub-committee member, bring them to the newsletter sub-committee meeting the first Friday of every month at 7:00 pm prior to the Recovery Zone meeting at St. Paul's, or give to your groups GSR who can turn in at the area meeting. Please help keep YOUR newsletter going.

Kathy M.

# ACTIVITIES AND SERVICE MEETING CALENDAR MARCH/APRIL

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
MARCH 14	15	16	17	18	19	20
21	22	23 H&I Sub- Committee Meet- ing, 6:30 pm St. Gabriel's	24	25	26	27
28 Public Relations Sub-Committee Meeting, 6:00 pm St. Sylvester's	29	30	31	APRIL 1	2 Newsletter Sub-Committee Meeting, 7:00 pm, St. Paul's	3
4	5	6	7	8	9	10
11 Area Committee Meeting, 10:30 am	12	13	14	15	16	17

**MACOMB AREA SERVICE COMMITTEE UPDATE**

**February ASC Meeting**

15 GSR's present

**Treasurers Report**

Group subtotal: \$504.00  
General Fund Total: \$363.34  
Expense Total: \$576.90  
Regional Donation: \$0

Monthly minutes are available  
at [http://www.michigan-na.org/  
macomb](http://www.michigan-na.org/macomb)

**Next ASC Meeting**

Sunday, April 11, 2010  
10:30am

Henry Ford Macomb Hospital  
McAuley Room A or B

*Anniversaries*

<i>Name</i>	<i>Cleandate</i>	<i>Clean time</i>	<i>Name</i>	<i>Cleandate</i>	<i>Clean time</i>
Nico K.	03/02	1 Year			
Huggable Bob	03/16	23 Years			
Marc A.	03/23	2 Years			

Share your clean time  
anniversary, showing  
this program WORKS