



# THE NA UNITY

*"Carrying the message of recovery, not the disease."*

January 2009

## Being a Young Addict in Recovery

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### Newsletter Directory

Submit all articles, such as, recovery stories, poems, events, anniversaries, convention and much more.



Western Wayne Area

Attn: Newsletter

PO Box 823

Garden City, MI 48138

Mtg: Wed. Night Recovery

Loc: Church of Christ

24800 Ecorse

Taylor, MI

Time: 7:00 pm

Day: 2nd and 4th Wednesday of the month.

Email: [wwacna@yahoo.com](mailto:wwacna@yahoo.com)

I'm 19 years old and in recovery. Some people say "WOW", you have the rest of your life ahead of you. You have it all to gain. Well, being a young addict has a lot of negative aspects as well. I'm going to talk about what it was like getting clean my senior year.

When I got clean it was straight white knuckling. I didn't go to any rehabilitation center, no treatment, and no prescription to lessen the withdrawals. I was completely on my own when it came to living in my shoes. I'd always have my friend bring me my fix, right before the bell would ring for me to go to lunch. I would leave early from my class in order to make it to my friend and be back in time before lunch was over. Again when I got out of school I'd shoot straight down to Detroit. Getting high consumed my life. That was my routine everyday involving school. I graduated with 97 absences. We were only allowed 18. School was hard to get through. I struggled everyday with my habit. I became tired of using and the lifestyle.

Getting clean was the hardest thing I've ever done in my life. I got clean towards the end of my senior year (4/13/08). I went through drug withdrawals during class. It was impossible to concentrate on anything. Let me tell you, prom was nothing I ever imagined it would be. My whole high school life led up to prom/graduation. PARTY! That's what I thought was normal on prom night. I had no idea I'd be in recovery. Many of my "08" class had parties and were leaving on a summer break. All were unsafe for me to do, being in recovery. It was difficult to say no to EVERYONE. I had to get rid of the old playmates, playgrounds, and playthings! I went to prom clean and after prom my date and I went out to the bowling ally where a bunch of recovering addicts were playing, and I joined in. I am so glad I made the right choice to surround myself with the friends I had in the fellowship. I stayed clean.

Being young, every single person my age that I know does drugs or drinks. Maybe not all are addicts but they still socially do it. Its hard at times not being able to go out with them. Sometimes it feels like I'm missing out on so much. They're going to have memories of so many fun times that will never include me. I know that I can't hang out with the younger crowd, I know what most of them do, and I refuse to back myself into another corner I won't be able to get out of clean. It's life on life's terms and I have a choice today. I'm working on 9 months now and life has only gotten better!

There are some things that young people have to get through once in recovery. The statistics show teens have about a 1% chance of staying clean. I guess I'm part of that 1%. I'm so grateful for the friends I have in the fellowship, without them I'd have no one. I can't hang with many people my age because they are all partying. A lot of the older members didn't like to get close to me in the beginning, so I still felt kind of alone. I can understand why; The young ones always seem to go back out, and why would they want to get close to someone they probably won't see again. I have to overcome that also. The more you go, the more friends you'll make.

## *Finding the Spirit in Spirituality*

For some time, I have pondered writing an article for our NA Way. The subject that keeps gnawing at my thoughts is spirituality. Then I think about how spirituality is such a touchy subject in NA, one that we seem to tiptoe around a lot in meetings for fear we might offend someone or scare them away.

Enough tiptoeing! It is not my purpose to tell you about my Higher Power and suggest that you get one just like it. On the contrary, I want to share about the “spirit” in spirituality that, I think, we can approach with our feet planted firmly on the ground and face without discomfort.

Think about your spirit. Really, take a moment. What comes to mind? Is your Spirit responsible and reasonable? Carefree? Cautious? Adventurous? Calm? Fiery? Excitable? What is your favorite color? Do you have one or several? Do you enjoy the kind of natural surroundings you would find at an NA campout, or would you rather go to huge conventions in high-rise hotels in big cities?

No, this is not a quiz to determine what type of person you are, so relax. I just want to share with others some things that work for me when I explore my spirit.

There are days when the only thing I know about myself is that I’m an addict—but that’s just one part of my spirit, and it has been a long time since I accepted that part of myself.

There are many facets to my spirit. I enjoy warm summer days.

I feel great when I accomplish something—and then my spirit always finds more things that need to be done.

My spirit soars when my daughter gives me a hug just for the heck of it or when my husband tells me he thinks I’m beautiful.

I feel most spiritual after a good NA meeting where at least one person cried. Raw emotion is so real and very healthy.

I feel gratified when I share the message with a newcomer. It’s so fulfilling to see an addict clean and working a program.

My spirit gets a real kick out of competition. A good verbal sparring match with someone of opposing political views makes me giddy.

My home group is a part of my spirit. My family is a part of my spirit.

I learn more about my spirit all the time. For instance, I’m trying this writing gig now. It’s something I think I might be good at. It’s something others have said I do well. It’s something that HP has put in my heart to do.

My fears of rejection, failure, and imperfection kept me from taking a stab at it for a long time. After all, if it doesn’t work out, I’ll no longer be able to claim self-righteously that I would be a really great writer if only I had a really great word processor and a secretary.

I stayed stuck in this diseased thinking for so long that I eventually became miserable. For me, the quickest way to become miserable is to fight against the spirit that my HP has given me.

My HP provides me with the resources I need to let my spirit play. I have a pen, paper, and an old typewriter to process my words with. I have a Basic Text and plenty of fellow addicts to walk me through the fear. And of course I have my HP to whine to when I don’t get what I want. HP listens to me and then gives me exactly what I need.

My spirit may not understand your Higher Power, but my spirit completely understands your spirituality and is grateful when you share it with me. Thanks to NA I discovered my spirit, and more is revealed to me daily.

from pg 1

**Being a Young Addict in Recovery**

Today I have everything to gain, from the day I got clean. I owe everything I have to Narcotics Anonymous. It saved my life. Today I will have memories of my own that I'll actually be able to remember. I do have the advantage of learning from the older members in NA. I can learn from their mistakes. So there is an advantage to being young, but it comes with many obstacles, as it does for older members. They're just of a different kind.

So to the young newcomers, you have a choice, you can make it. Be part of that 1%. If a drug addict like me did it, you can too. I owe my life to the fellowship of Narcotics Anonymous. I'm proud to say I don't do drugs.

Jen P.

Editor's note, last issue I cut off the final sentence of an article "Prescribed Relapse" by Michelle M. The end of that article follows -

I have to look inside for the answers and only I can fix me. *This doesn't mean I have to do it alone it just means that I either grow up or die...*

Michelle M.

**Who was Jimmy K?**

Together with Frank and Doris C, Gilda K, Paul R, Steve R, and others, Jimmy K founded Narcotics Anonymous in Southern California. He and these members held a series of meetings beginning 17 August 1953 in order to organize what was then referred to as "San Fernando Valley Narcotics Anonymous and Alcoholics Anonymous" The first documented recovery meeting in Southern California was held on 5 October 1953.

Jimmy is a key figure in NA's history for several reasons. He wrote several portions of the Little White Booklet, the most famous of which is the "End of the Road" section. He designed the NA logo (later modified by the WSC). He served as the volunteer office manager of the WSO from the time it began to 1983.

Jimmy K lived from 1911 to 1985. The last 36 years of his life were spent as a clean and recovering member of Narcotics Anonymous.

**Newsletter Staff**

**Chair:** *Stuart L.*

**Co-Chair:** *Open*

**Secretary:** *Louie P.*

**Co-Secretary:** *Robin G.*

**Next meeting: 2nd and 4th Wednesday, at 7pm, at the Wed. Night Recovery Meeting in Taylor.**

**Please join us with your ideas and stories. All addicts welcome regardless of clean time.**

**OPEN AREA POSITIONS**

**Thank you for your support!!**

**CONGRATULATIONS TO ALL WHO HAVE CELEBRATED CLEAN TIME!**

**December**

**Jim B. 12-02 2 years**

**Kim C. 12-25 1 year**

**Angie K. 12-13 18 mo.**

**Scott M. 12-7 13 years**

**Doug H. 12-17 19 years**

**November**

**Roland P. 11-27 1 year**

**Lisa L. 11-29 1 year**

**Bruce M. 11-20 4 years**

**Jeff E. 11-22 2 years**



Area & Subcommittee Mtgs

**Admin Meeting: 1:00 pm**  
**Area Meeting: 2:00 pm**  
**Loc & Date: 2nd Sunday**  
**Dorsey Community Center**  
**Westland, MI**

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**Web servant: 6:15 pm**  
**Mtg Date: 1st Wednesday**  
**Mtg: For Sanity Sake**  
**Westland, MI**

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**Policy: 7:00 pm**  
**Mtg Date: 3rd Sunday**  
**Loc: G.O.D.**  
**Livonia, MI**

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Public Relations Workgroup

**H&I and Helpline: 6:30 pm**  
**Mtg Date: Fri. before Area Sun.**  
**Loc: Key to Recovery**  
**St. Mary's Hospital Livonia, Mi**

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**Activities: 6:30 pm**  
**Mtg Date: First Sunday**  
**Loc: G.O.D. meeting**  
**Unity Church, Redford**

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**Public Information: 6:30 pm**  
**Mtg Date: 4th Friday**  
**Mtg: Living the Program**  
**Redford**

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*Hole*

We come from a place  
 Where we hide our face  
 Wrists tangled in black lace  
 Feet dragging down the road most traveled  
 Dimly lit, we found our niche  
 Where we can all be good at something  
 Self destruction  
 Stick your finger in my open wound  
 Pour your salt in my stitches  
 When you dig a ditch  
 I leap for it  
 Give it all away  
 The misery will comfortably stay  
 Alone in a hole I've dug myself  
 With no help  
 Raise your head from the corner you've  
 backed into  
 Brush your hair out of your eyes  
 To your surprise  
 The sun does shine in the morning  
 And we don't have to cringe  
 When the light beams in your eyes  
 Our diseases disguise  
 Suicide from the inside out  
 A hope drought  
 Wilter ... Grow... Bloom... Blossom.....  
 There is an easier softer way - *STAY*

Jessi J.

**As we travel along life's way**

We found hope and freedom in this group called NA. We've learned to be open and honest and willing to try, even learned it's alright to cry.

So shed your tears, you must then let your fears be comforted by trust. Just don't use as you go through the pain. To expect different results would be quite insane, so when life gets tough and push comes to shove, go to a meeting for some unconditional love.

*Anonymous*

***UPCOMING DANCES***

**January 17th at the  
 Southgate Civic Center  
 Potluck/Family Night  
 Open Speaker - *Benny M.*  
 At 7:30pm sharp  
 Dance to follow**

**For more information please  
 pickup a flyer at a NA meeting  
 near you**

**Right to Publish Disclaimer**

**This form must be filled out and submitted with any and all articles sent in for publication. Failure to do so may result in your article not being considered for publication.**

I hereby give permission to the Western Wayne Area newsletter subcommittee to edit (if necessary) and publish my written article without recourse. The opinion expressed in this newsletter are written by individuals and are in no way a reflection of any member of the newsletter staff or NA as a whole. Articles are edited for clarity, punctuation, grammar, and in accordance with The Handbook for Narcotics Anonymous Newsletter.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_