



THE NA UNITY

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

February 2009

A Miracle or a Substitute

Inside this issue:

A Miracle or a Substitute	1
Three tools for the Newcomer	2
A Mother like no other	2
What is "Active Addiction"?	3
Anniversaries	
Faith	3
Afraid	4
Area & Subcommittee Meetings	4
Disclaimer Form	

Newsletter Directory

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



Western Wayne Area

Mtg: Wed. Night Recovery

Loc: Church of Christ

24800 Ecorse

Taylor, MI

Time: 7:00 pm

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

It grabs me quite uncomfortably what modern society sees as the solution for our drug problems. I see people come around the tables all the time that are on these 'plans' taking these 'miracle drugs' designed to eliminate withdrawals and it seems as though the only thing they really get better at is their sharing. Sure, they obtain the knowledge of the 12 steps and apply what they can, but the true emotional and spiritual void is not filled because there are still substances clouding it up. I was talking to a good friend of mine not too long ago who is still taking this type of prescribed medication. He had just celebrated his 90 day anniversary clean, and expressed to me how fed up he was. He had just tried going all day without taking his pill and finally gave in to the sickening withdrawals he began to feel. "Clean for three months and I'm still feeling withdrawals," he proclaimed. "It's (very) ridiculous."

Now we as addicts have poor strategies toward using drugs. We are people whose use of any mind or mood altering chemicals results in failure, destruction, and despair. So you're telling me another chemical is supposed to cure our misuse of . . . chemicals . . . right . . . My experience is this: it is not THAT I used drugs that was the problem, it was WHY I used the drugs. About two years ago I approached a local doctor as a feeble approach to curing my habit. I was prescribed a drug that was actually a synthetic opiate used to eliminate withdrawals and block the opiate receptors in my head. You see, I as an addict have a serious problem with coping with life on life's terms. I always felt as though something was missing, I needed something outside of myself that would make life worth living. I always felt inferior to people around me, never thought I was capable of achieving successes, so on and so forth. I used drugs as a self driven solution to cure my ultimate problem: myself.

Okay, so I was using this other chemical that was keeping me from druggin' and thuggin' and sticking needles in my arms for a day or so, so what, I was still plagued by this disease that causes me to feel that the world around me is constantly falling short of my expectations. So of course my prescription to this miracle drug did not suffice, with one thing different: I now had a bottle of prescribed medication that would suppress withdrawals whenever I was unable to score some poison.

Now don't get me wrong, these medications can help us long as we use them correctly. When I had enough pain I admitted myself into a treatment center where I was prescribed this medication again. However, I had made a point to myself that by the time I left treatment, I would be completely cut from it. I did not want to be let loose into the world still dependant on another chemical to decide how I felt. What I am here for is a true recovery, which I have found goes far beyond freedom of drugs and alcohol. Putting the drugs down is only the very first thing we do in the halls of Narcotics Anonymous, THEN it is time to progress in the areas of our lives we so sadly had missed out on. Personal responsibilities, the realm of personal relationships, self respect, self worth, and spirituality are all crucial things that we need to stuff into our little ole voids in our guts once the drugs LEAVE THEM. Withdrawals can be harsh, and with these carefully developed medications we no longer have to experience the worst. They should be taken to

suppress only the WORST first couple days of our body's aggravation toward abstinence. We can then allow ourselves to grow spiritually and emotionally as we are meant to in this program, not just physically. Long term application of these 'miracle' substances is dangerous because we can become dependant on them easily. The true medication for our disease is not medication at all; it is at the tables of Narcotics Anonymous. We must not allow ourselves to become dependant on these drugs; it's just a subtle substitution.

Steve B.

A Mother Like No Other

Mother like no other
 Dope fiends like you've never seen.
 The kids you love so much,
 But when you were high you didn't touch.
 What ever happened to you girl?
 I can remember when you were like a pearl.
 Down on life, like a sad, sad song,
 Finally we found a place where We belong.
 With arms and doors wide open,
 No more excuses for self-pity and loathing.
 Sounds like a simple rhyme-
 "Living one day at a time"
 If your footwork is like a hike,
 You can have whatever you like...
 What you say? Why? What have we really got to gain?
 Another chance, a new life, each other, opportunities, choices, freedom, growth, friends and family, Gratitude, God, self, service, goodwill, a future, a smile, a hug...
 And then again you can always go back to your drug....

In loving service, Cheryl C

Three Tools for the Newcomer

When I first got clean after a couple of years of "struggling" (I found out later that this is what happens when you go to meetings but aren't fully committed to recovery), my sponsor shared with me these three tools. They made so much sense, (or maybe I was just so ready) that I tried them out. Guess what? They worked!!

He told me that the first thing I had to do was to "Complete the Process". I had to complete the process of convincing myself that I could not control my using no matter what I tried and I thought I had tried it all!! "Before coming to the fellowship, we exhausted ourselves by trying to use successfully, and wondered what was wrong with us". (Basic Text pg 10)? Our text talks about some of the things we tried: substituting, limiting using to social amounts, churches, religions, cultism, geographic change, approval through sex or change of friends, marriage, divorce, desertion, sheer willpower, psychiatrists, hospitals, recovery houses, lovers, new towns, new jobs, just to name a few. "Everything we tried failed" (Basic Text pg 21)? As long as we think we can control drug use, we are almost forced to continue. The minute we admit we're powerless, we never have to use again. (It works How and Why pg 12)?

The next thing he told me was how to finally let go of "old people, places, and things" that are always a danger to my recovery. "Embrace the Fellowship" he said, "...my thoughts will be on my new associations, people who are not using..." (Basic Text pg 90)? "We have to open up and accept the love and understanding that we need in order to change" (Basic Text pg 54)? Embracing the fellowship allows me to take mental ownership of the program. I'm finally able to "buy in" to recovery as a way of life and become "part of" instead of "apart from". I often hear members share about being "around the fellowship" for years, or being "around the program" and not staying clean. Maybe it's time "in" the fellowship and get "on" the program. Embracing the fellowship allows me to do this.

Finally, he told me that Recovery doesn't start in my head, or in my heart, it starts in my feet! "GET BUSY..." Do some NA service, join a committee, set up for a meeting, put up chairs, and make tea and coffee. BE OF SERVICE! GET INVOLVED! DO SOMETHING! Service has been a cornerstone of my recovery, and continues to be so. I have maintained at least one service commitment as long as I've been clean and I urge my sponsees to do the same.

These "tools" worked for me: perhaps they will work for someone else. If you are "struggling" like I did, give them a try. What have you got to lose?

Love & Hugs - Suyash R from "Carrying the Message" Kathmandu Area Newsletter

Pg numbers refer to the 5th Edition Basic Text

What is active addiction?

I know that our literature says, “The only way to keep from returning to active addiction is not to take that first drug.” It also says in our literature that “our inability to control our usage of drugs is a symptom of the disease of addiction.” Now, if the former is the case, wouldn’t that lead one to believe that we’re only caught up in active addiction when we’re using drugs?

I am of the opinion that addiction can show up in many ways that have absolutely nothing to do with drugs. If, for any period of time, I am consistently living my life based on unprincipled actions, then I am caught up in active addiction. This is not to imply that we become perfect. I know better. But I do believe that there have been times in my recovery when I’ve had freedom from active addiction in all areas of my life.

The real question is: How free do you want to be? I believe that our program will give us unlimited freedom, just for oday. I know that it gives us the opportunity to exercise choice.

One day at a time, we never have to use drugs again. That is, in and of itself, a blessing, but achieving a complete personality change offers so much more. On the occasions that I’ve been able to experience the freedom that our steps allow, well, words cannot describe the level of conscious contact I feel with my Higher Power.

To limit the level of freedom that can be attained in NA to freedom from using drugs only places a limit on the recovery each of us receives from the God of our understanding. We cannot afford to be confused about this. It is available to us all.

Marilyn W, Ohio NA Way Apr. 1998

Faith

Faith the substance of things hoped for,
The evidence of the things not seen,
Now, in recovery faith,
Is being sure of what we hope for,
And certain of what we don’t see!
Louie P.

UPCOMING DANCES

Feb. 21, 2009 at Local 735
“Sweetheart Dance”
NOT a family night

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

CAMPOUTS

Wolverine Campground
June 18,19,20th
August 13,14,15th
contact Stuart L for details
313 937-0095

CONVENTIONS

DACNA XVII
April 9,10,11,12
For info call
Merelene W. 313 869-2049
Lavon F. 313 865-5203

Newsletter Staff

Chair: Stuart L.
Co-Chair: Robin G.
Secretary: Louie P.
Co-Secretary: Open

**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 ad-
dicts welcome regardless
of clean time.**

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

December

Matt M. 12-21 18 months
Jason S. 12-14 3 years
Terena D. 12-25 3 years
Mike L. 12-16 3 years

January

Randy S. 1-13 20 years
Frankie W. 1-1 3 years
Debbie B. 1-10 3 years
Paul G. 1-1 15 years
Mike W. 1-1 2 years
Jim P. 1-7 10 years
Steve H. 1-10 12 years
Duane K. 1-2 15 years
Bruce R. 1-6 3 years
Stuart L. 1-1 28 years
Robin G. 1-23 2 years

February

Sheila F. 2-1 1 year



Area & Subcommittee Mtgs

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

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

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

Public Relations Workgroup

H&I and Helpline: 6:30 pm
Mtg Date: 3rd Fri. of each month
Loc: Key to Recovery
St. Mary's Hospital Livonia, Mi

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

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

Afraid

I was afraid I would no longer have any deniability.
 Too afraid of what others would think of me.
 To stop killing my own spirit a day at a time.
 All the while, the disease was taking one life at a time.
 Making me suffer is how the disease continued to get stronger.
 I could not stand how I felt about myself, any longer.
 The "high" had worn off long ago.
 I was the last to know.
 That I have a problem and my problem is me.
 No longer could I afford to live in a world of mock fantasy.
 Denial is just a river in Egypt.
 Living in denial had me looking like the guy from tales of the crypt.
 Thank God I am alive today.
 No one need ever suffer that way.
 No addict need ever die from this disease.
 I got knocked down to my knees.
 I began to crawl.
 My life was going good, then came the devastating fall.
 I fell from grace.
 I ended up in the rooms, a very safe place.
 People there taught me how to live, day after day.
 They showed me a new way.
 They lead me to the 12 steps and I began to climb.
 Thank God I received the sign.
 That I was dying by my own hands.
 As I wept, that day, humbly before God, I had no demands.
 I was afraid that because of my choices, God would surely reject me.
 I was so wrong, God is forgiving and is teaching me to be free.

Greg S. 12/23/08

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: _____