



THE NA UNITY

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

July 2009

Are You Brainwashed?

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Western Wayne Area Newsletter

Submit all articles, such as, recovery stories, poems, events, anniversaries, convention and much more. You can email it to

wwanewsletter@
metrodetroit-na.org

*Or better yet come to
our meeting*

Mtg: Wed. Night Recovery
Loc: Church of Christ
24800 Ecorse
Taylor, MI
Time: 7:00 pm
Day: 2nd and 4th Wednesday of the month.

I'm an addict named Philip C. on June 5th; I will have been clean for one-year. This is a major accomplishment for an addict like me. I recently had a spiritual awakening. I will not get into the semantics about my GOD. I will say; that for me, making meetings isn't enough to keep me in the process of recovery. I don't want to be one of those addicts, whose whole concept of recovery is "Keep Coming-Don't Use" or "I am Powerless", "Don't Leave Until the Miracle Happens", "Meeting Makers Make It", and last but not least "A Day at a Time". Please don't get my message twisted. These cliché's are all valid and they have helped me, but they don't encapsulate my vocabulary, or my recovery. Sometimes we get hypnotized and limit ourselves; of just going to meetings and saying the same things over and over again. Yes, please make ninety meetings in ninety days; if you're new to the program.

If you're anything like me and making meetings just isn't enough sustenance. I suggest that you start doing something positive for your self-esteem. Our literature tells us that not taking care of our personal responsibilities, lowers our self-esteem. (Basic Text p.76) Do you think working some crappy job that you hate, enhances your self-esteem? No it doesn't. How about living rent-free under the umbrella of someone else, and you know you're shooting a move. How about lying about a certain situation to make you look like a victim, and make the other person viewed like an out-cast. These are just a few examples of some of the things that haunt some of us. We have to be willing to face our fears and start making some strides in the right direction. If you work at a fast-food chain and hate your job do something about it; go back to school, even if it's only part-time. If your collecting Social Security and you just have too much time on your hands; do some service work, volunteer at a nursing home, work for the NA helpline, go to hospitals and institutions to carry the message of recovery. Get involved with a community group, church group, we have to do something for another person, then we start to feel better about ourselves. I do not mean by any stretch of the imagination to hit on the good looking woman that just walked in the door with three days clean. That is carrying the disease; not the message.

This is an awesome journey, that I'm fully taking advantage of every single day. I have just completed my first semester of college. I currently have a 3.49 GPA, and I'm very grateful that someone had faith in me and wanted to help me in my recovery. I believe I have the greatest sponsor in the world as we all do, I think. If you are new and don't have a sponsor; you better get one, fast. Thank you very much, for letting me share.

Phillip C.

Giving it Away...

I have always taken comfort in the slogans that get thrown around at NA meetings. I've always found them to be simple reminders of what I have to do to keep moving forward to continue to see myself as the person that my Higher Power knows I am. One of my favorite sayings is "You can only keep what you have by giving it away."

What this slogan means to me seems to broaden in its meaning as time goes on and I grow and change. In the beginning I couldn't really fathom what it meant. I thought it was directed at everyone else - all of the people that I met in the rooms that were helping me stay clean. Back then I did not realize that I had anything to give to anyone. As I built a relationship with a sponsor and allowed people to come into my life – that support group that everyone told me to get - I learned that I did have something to give, that all of us do from day one.

I learned that by simply showing up, introducing myself as an addict and putting my hand up and sharing my feelings, my fears and my joys, I was giving back. This allowed others to love me and let those who were hesitant to share know that it was okay to get vulnerable and to surrender to the disease. I also learned that by participating in a relationship with a sponsor and other people in my life, I *was* giving back, that God speaks to us through others.

I also learned early on that taking commitments was a way to give back. I started with a coffee commitment. I would get to the meeting early to make the coffee and set up the chairs. I found that other people would wander in early as well and help me set up. I began to get to know more people and I found that I felt more a part of. I guess this was my first real realization of what it meant, "you can only keep what you have by giving it away." I was performing a service by making coffee and putting out chairs and as a result I was making friends and developing a foundation, a feeling of belonging, in this fellowship.

I began to take commitments as secretary and chairperson at meetings. I was terrified at the thought of sitting up in the front and having the focus on me. But at the same time it felt so good to know that the group thought enough of me to want me up there. I gave my time and faced my fears and in return I began to develop a sense of self-esteem.

I began to take on sponsees, even though I was afraid that I wouldn't be a good sponsor, that I didn't know how to sponsor someone. I was told to love them and listen to them and to share my hope, strength and experience. After I got through the initial fear, I found sponsorship to be my favorite way to serve this fellowship. I still feel that way today. More often than not, after having a conversation or going over a step with a sponsee, I feel a sense of love and healing, a feeling that, once again, reminds me that "you can only keep what you have by giving it away."

These relationships can also be difficult at times. I have truly learned about things such as unconditional love, agreeing to disagree, allowing people to learn their own lessons and that what's right for me in a situation is not necessary what is right for another in the same situation. These lessons can be uncomfortable, but working through them, for me, has resulted in more love and healing than I ever thought possible.

I have always been surrounded by people who believe in service. Many members of my support group have been involved in service not only at the group level, but at the area and regional level as well. Since I made it a habit to stick close to my sponsor and support group, and they went to Area Service once a month, I ended up at Area Service when I had six months clean. I was intimidated at first, but then began to participate rather than hide in the shadows.

Eventually I began to take commitments at area and on the various sub-committees. I have served on the Convention Committee, H & I, Recovery by Mail, the Newsletter Committee, PI, the BOT and on the area administrative committee at various times in my recovery.

Today I continue to serve the fellowship in many capacities. I am a sponsor and a sponsee. I have a commitment at Area. I take group level commitments when I can. I attend meetings regularly and make it a point to welcome newcomers. I try to reach out to those in pain. My life is very full as a result of working the program of Narcotics Anonymous.

There are times that I get overwhelmed and feel like I want to give up all of my commitments, pull my telephone out of the wall and just focus on "my life." But for me, I need to remember that I have this full life as a result of working the program of Narcotics Anonymous, and I need to continue to make Narcotics Anonymous an integral part of my life. I have not forgotten the life I lived before I found the rooms and I don't doubt for a minute that that misery could be mine all over again if I "forget to remember."

The truth is, I enjoy going to meetings and I look forward to seeing people at Area Service that I don't see at my regular meetings. When I hug, I feel loved. When I share, I don't feel alone. When I take the time to truly listen to someone, I feel understood. When I reach out to someone who is hurting, I feel healed.

Where else would I have the opportunity to do all of these things on a regular basis?

I wouldn't trade this life for anything.

In loving service, Eileen A. from the Bergen Area Newsletter

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

CAMPOUTS

Camp Dearborn

Sept. 25-27th

Kitchenette Cabins
sleeps 6 \$35 per night

For info call -

Pam C. 734 620-1089

Jerald R. 313 729-0255

Wolverine Campground

August 13,14,15th

contact Stuart L for details

313 937-0095

Area Picnic

July 19th at Rotary Park

Corner of 6mile & Hubbard

Livonia, Mi.

CONVENTION

MDRCNA XI

November 26 - 29th

Marriott Hotel Detroit, Mi.

For info call

Alfreda R. 586 943-6014

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

May

- Ron S.. 5-9 20 years
- Eddie M. 5-28 6 years
- Carl M. 5-16 7 years
- Gary K. 5-7 21 years
- Karen L. 5-6 2 years
- Will D. 5-24 1 year
- Lisa L. 5-29 18 months
- Jerald R. 5-27 3 years
- Brian R. 5-27 11 years
- Robin P. 5-23 7 years
- Dave W. 5-15 2 years

June

- Sue M. 6-4 1 year
- Phil C. 6-5 1 year
- Stephanie L. 6-19 1 year
- Angie K. 6-13 2 years
- Lisa E. 6-14 2 years
- Rich Z. 6-5 19 years
- Dave A. 6-7 1 year
- Justin M. 6-25

Newsletter Staff

Chair: Stuart L.

Co-Chair: Robin G.

Secretary: Louie P.

Co-Secretary: Dave S.

**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.**



Area & Subcommittee Mtgs

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

Policy 7:00 pm
 Mtg Date: 3rd Wednesday
 Loc: Wed. Night Recovery
 Taylor, MI

Public Relations Work-
group
 PI, H&I, Outreach,
 Helpline, Web servant 6:30
 pm
 Mtg Date: 3rd Fri. of each
 month
 Loc: Key to Recovery
 St. Mary's Hospital
 Livonia, Mi

Activities: 6:00 pm
 Mtg Date: First Sunday
 Loc: G.O.D. meeting
 Unity Church, Redford

Ad-hoc Literature Review
 Committee
 2nd and 4th Mondays
 at 6:30p
 Clean and Serene Meeting
 Sheldon Rd Plymouth, Mi.

Every Morning...

Every morning I get up, I meditate and I pray
 I thank GOD for waking me up to see another day
 I look in the mirror, and no longer have I felt nil
 Then I pray again; GOD let me live your will
 So far, so good! My gratitude speaks
 No longer have I dwelt, days turn into weeks
 One day at a time, that's all that we are given
 Another chance to change, that's how I'm driven
 I'll keep on, keeping on, even when the pain gets great
 I'll call my sponsor; go to a meeting, patiently I'll wait
 I read, I listen, take the suggestions I hear
 They tell me it gets better, and it's okay my dear
 Clean and serene today I will be
 Narcotics Anonymous gave me a gift; I'm FREE
 The day is over; I accept what I've done
 I thank GOD again; another successful day won

Cheryl C.

What does the disease of addiction mean to me?

The disease of addiction means that I have no control. The drugs were not the problem, they contributed to the problem. Stopping the use of drugs does not necessarily mean that I am free or safe. Negative behaviors and feelings still remain. I was an addict long before I used illicit drugs and I will continue to be an addict long after I stop using drugs.

The disease of addiction is life long and I am never cured. It is a disease; therefore, it is a part of me. Any attempt to run from it, hide from it, or throw it away is futile. It is something that will either eat away at every aspect of my life until it kills me, or be kept under wraps by the Narcotics Anonymous program and treated by the twelve steps. I prefer the second option.

Orie S.

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: _____