



THE NA UNITY

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



October 2009

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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

wwnewsletter@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.

Before I came to NA, and it did take me a while. I was happy go lucky, carefree, not a worry in the world and I was not an addict. The first meeting I went to, I was very apprehensive. I was not sure what happened at these meetings, what to expect, or what to do. It took me a couple of meetings before I shared at a table. I listened to other people's stories, some horrifying. I even tried to convince myself that I did not belong here. I was not one of these people, these addicts. I wasn't running the streets and alleys in seedy neighborhoods. Stealing, robbing, and doing anything to get drugs. That's an addict.

I bought a Basic Text and started to read it, talking to people at meetings, and listening. I then found out that it is not just using drugs that make you an addict. My life wasn't happy go lucky. I wasn't happy at all. Carefree and not a worry in the world, HA! I was careless and didn't care about anything. I used mood and mind altering drugs everyday. I isolated myself and didn't socialize. I realized that I Am an Addict!

Now through NA my life is slowly and surely changing for the better. I am becoming a better person. I no longer isolate myself, making up excuses like " I am tired, I don't feel good, I worked too hard today or we have no money" that was true most of the time it was spent on self gratification.

In my short time as an NA member, we go out, we socialize, and do thing that I used to think that I had to be high to do. We go to the movies, bowling, walking, biking, and even sledding with our grand kids. I even chaperoned a field trip for my 8 yr old grandson's school to Greenfield Village. I hadn't been there myself in 25 yrs!

I now look forward to meetings and sharing with others and just listening to them. It is a big part of my recovery. I never thought I could talk to a group of people that I didn't know, openly and honestly, it's an uplifting experience. I leave meetings feeling good about myself.

Thanks to NA and the people in the meetings, I am now enjoying life, growing spiritually and mentally. I am finding out who I really am and learning to live life on life's terms. Accepting things for what they really are. Learning to be ok with things that used to upset me. NA has made me a better person and I am truly grateful.

This is an education without a graduation and I plan on being around a long time. I have a lot more to learn and do in the fellowship. I still have more room to grow. You will be hearing from me again.

Thank you NA, a Grateful Recovering Addict Named Mark

Clean Time vs Recovery

The first thing that we do when we come to the program is put down the drugs. This may be the only thing we can do for a while, is "just don't use no matter what". There should come a point where we start to incorporate the 12 steps into our daily lives. And I mean more than just knowing them, I mean practicing the principles in all our affairs.

To me, Step One is about acceptance, powerlessness and humility. Over drugs, people, places, things, the past, and sometimes the present. Until we have this concept down we can get stuck. Step Two is having faith and belief that we can recover, that there is help and we can learn to live life on its own terms. Step Three is about making choices. Do we **really** want to change or not? To me that is what recovery is all about, not doing our will or our way anymore, and not taking advantage of situations for personal gain. Being honest and humble, sometimes struggling. Not having everything handed to you is not such a bad thing, we learn gratitude. The rest of the steps, as some members would say are maintenance steps. They are vital for us to grow into better people. To accept "It is what it is". Taking an inventory, admitting our wrongs honestly, not only with someone else, but to ourselves. Forgiveness is a big one for me. Learning to forgive ourselves for our mistakes and the things we have done or who we thought we really were. Forgiving others, and realizing they are human too. They may have been as sick as we were, maybe in different ways. Once again if we can't learn to forgive and move on we may get stuck again.

Why get clean and be miserable? Recognizing our shortcomings and trying to change our self centered ways. What a shock when we find out it's not always about me! Yes, it's a selfish program meaning take care of #1 first- yourself. I once heard "anything you put in front of your recovery, be prepared to lose".

How rewarding it is to be of service to others. Getting involved with service works helps us stay clean and helps us in our recovery. It keeps us plugged into the fellowship. We are just not around the program anymore. It gives us a purpose and helps our self-esteem slowly come back. We start to feel good about who we are. We find we can go back to school, hold a job, and be a good parent. But please family, be aware, if we don't deflate our egos, and practice forgiveness and acceptance then we are not living in the present and using the steps, our freedom could be lost. Thank God for Narcotics Anonymous, freedom from active addiction, and the courage to Change and to find out who I really am.

By C.C.

NA Football

Now that the season is here; how about a little NA football?

Quarterback Sneak: Members quietly leave during the meeting.

Draw Play: What many children (and members) do with the flyers during the meeting..

Benchwarmer: Members who just sit there with a blank look on their face and do not share or contribute.

Backfield in motion: Members who continually go out for a smoke, get coffee, or go to the restroom during meetings.

Staying in the Pocket: What happens to a lot of the Seventh Tradition.

Two Minute Warning: End of the meeting gathering of children and belongings for the door dash.

Instant Replay: Continuous repeating of the same sentence or sharing.

Sudden Death: What happens to everyone's attention span if the meeting goes overtime.

Blitz: The rush for the door when the meeting is over.

End Run: Members coming in five minutes before the end of the meeting and wanting their papers signed.

I'll Move along Ahead

I will find a way
 To what I know is right.
 I will reach that place...
 Where I won't have to fight!

The road may have some turns,
 Maybe a bump or two,
 But if I stay aware...
 I know I'll make it through!

Keep my eyes well aware,
 Of the things that are there...
 And please tell me at times when I'm wrong.

Help my ears hear your voice,
 When I need to make a choice...
 And please help me when I need to be
 strong!

With each passing day,
 And as the time goes by,
 I'll move along ahead...
 When I wont know just why.

My heart may find a home,
 Maybe I'll reach the sky,
 I know just what I have...
 A willingness to try!

I wrote this as a prayer to my Higher Power, I had a little over a month clean and was fighting the urge to use. I prayed the Serenity Prayer over and over, until the desire to use was lifted. I decided that very moment that I would leave my using boyfriend, having nowhere to go I became homeless.

I knew that my Higher Power would Carry me through, and keep me strong. I didn't want to give up, and I never did. Today I have found my home, it is in the rooms of N.A. and the arms of the World-wide fellowship. I love you family!

Aldona D.

"The Voice of Recovery" Newsletter, Sonoma County, Ca.

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

October Dance

Family Night

Oct. 24th, At Local 735
48055 Michigan Ave
Canton, 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!

August

- Brenda L. 8-16 23 years
- Robyn K. 8-30 20 years
- James S. 8-27 2 years
- Dan C. 8-17 13 years
- Frank W. 8-28 22 years
- Jeremy M. 8-17 5 years
- Melanie C. 8-22 4 years

September

- Geraldo A. 9-29 3 years
- Jeff M. 9-27 5 years
- Dave C. 9-1 24 years
- Roger H. 9-3 1 year
- Lori D. 9-8 4 years
- AnneMarie B. 9-3 2 years
- Rick H. 9-3 3 years
- Jim N. 9-22 1 year

October

- Stacy C. 10-2 1 year

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 7:30 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.

Facing My Fears

What do they mean by a searching and fearless moral inventory? I remember asking myself this question when I first started looking at the fourth step. I began my search for the answer by defining the word searching.

Webster tells me that word means: "examining or exploring thoroughly; scrutinizing; thorough". So this leads me to a conclusion I must face, or I will not be able to continue on the recovery journey. I have to inventory myself in a way that leaves no stone unturned, I need to go back down the path of my life and look in every crack and crevice.

I must be thorough; I can't just hit the high spots or only look at the pleasant aspects of who I am. My new life depends on me working this step to the best of my ability. I can never get the relief of the sixth and seventh steps if I don't search for my defects of character in the fourth step. I will never know the freedom of making my ninth step amends, or get to the maintenance part, or the program that is the tenth step, if I don't work this vital step. The fourth step is the gateway to the rest of the program.

This brings me to the fearless part of this step. How is it possible for me to look back into the dark recesses of my past without fear? I must admit, for this addict the fear was almost paralyzing. I did not want to open that big bag of trash I was carrying around with me and start digging through it.

I was afraid to look at some of that stuff, and I sure didn't want to share it with anyone else. What I found was enough courage to dig in even though I was scared. We must work this step in spite of our fear. After I began to write, the words and feelings started flowing out, the deeper I dug the better I began to feel. True courage is moving on, even though we may be full of fear.

Now, the moral part. I almost got hung up here, I related moral with what I thought other people believed was moral. I was using the "morality" of the church, or what I imagined every one else thought I should live by. I was judging my morals by someone else's standards. What if I could never measure up? Maybe I'm just too bad. I had to learn to find my own morals.

I'm building a new life today, a life that uses spiritual principles as a code of conduct. It is in these principles that I find my morals today. The fourth step has helped me find out who I am and to see the patterns that occurred over and over in my life. This step allows me to move forward in my recovery, to find the kind of contentment that I could only dream of. I'm glad I faced my fears.

Randy E.

"The Guardian" Newsletter Upper Cumberland Area of Narcotics Anonymous

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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.

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Name: _____ Signature: _____ Date: _____