



THE NA UNITY

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



November 2009

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A Blessed Man in Spite of Himself

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Hi family, my name is Will C. and I am very blessed in spite of myself. Let's start from the very beginning, 8lbs 1oz, 10 toes, 10 fingers, and all my senses. A healthy, beautiful, baby boy. See, one thing I've always known is I'm truly blessed. Anything to do with having fun such as athletics or games I would always try to win and I've always won my share, key word: Tried!

I was truly blessed as an athlete in every sport when I practiced and gave my best effort. I succeeded so much that I played Professional Baseball for the Detroit Tigers.

I never realized anything about addiction, but I always knew I was blessed. See, when I was young I hated school, so I never tried. I failed twice, in 5th Grade and 7th Grade. I dropped when I was in 9th Grade. That's when I realized I was an addict. See, being lazy and not trying is as much a part of my addiction any drug.

One day I woke up and my life was going nowhere. So I went and got my G.E.D. In spite of myself, with the effort I put forth, I achieved it. Next thing I knew I was signing with the Tigers. Soon I met an "angel", my first wife. I was blessed, with two beautiful children, a house, a car, and a job. None of it had to do with me, it was God's Will.

I practiced at being an addict by using drugs and people. To get as high as I did, I had to manipulate someone. In a 4 month run I had spent over \$60,000. I was out of control, for real!

The thing was none of the money was mine. I lied, cheated, and stole to get it. My obsession and compulsion to get drugs took over my life. My spirit was broken. I had overdosed 5 times, I was trying to kill myself.

Thanks to the fellowship of NA, and my willingness, I made a decision to change my life. It started with surrendering, that I was powerless over drugs and my life was unmanageable. Just saying those words didn't mean anything. I had to live them.

I realized that I was powerless over people, places, and things. I could not control anyone but Will C. I could not control my thoughts but I could control my actions. It all started by not taking that first one. Just one day at a time.

The hardest thing an addict can do is not use for one day. That's why the new-comer is the most important person at any meeting. It's a Miracle when you put the drugs down. If you are struggling with quitting, Please give it a chance. It does get better. The more days you have clean, the easier it gets. Accepting you are powerless is the answer.

Sincerely Yours,
Will C.

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.

Doing the footwork and having faith

I remember those first days. I was frightened, and I had no idea what to expect. I had no hope that I could stay clean. Everything seemed so bleak. I kept my coat on and stayed near the door, ready to flee at any moment.

Everyone told me to keep coming back. I didn't understand why they were smiling. I didn't think I was going to stay, even though I wanted to. I just didn't trust myself. My track record proved that I could make promises, but I never was able to keep them.

I got a sponsor. He told me I could do it. I started making friends, and I listened. I heard about faith. They told me to develop some, to just believe.

As the days went by, a miracle happened. I started to smile. The compulsion to use had been lifted. This faith thing wasn't so bad, I thought. I only had a little, but it seemed to be enough. Each day I stayed clean, my faith got stronger. Time went by. I worked the steps. I read the literature. I did service. I used my sponsor.

Now, over four years later, I must rely on what I learned in those early days. I must have faith and believe today just as I did then.

I've been out of work for more than a month. I'm putting in the footwork, believing that my HP is taking care of me. I left my last job after months of prayer and meditation. It had become very abusive there. I was afraid of leaving, but I had to. I left, and now I am looking for a new job. My HP has taken care of me so far, and I know it will continue to if I do the footwork.

Recovery has taught me that life happens, and so do problems. My first ninety days taught me to have faith and pray. NA's only promise has been fulfilled in my life. Freedom from active addiction is just the beginning. All I need to do is show up, stay clean, and believe. Everything else will follow.

John L, New York

Take my will and my life...

My life before coming into recovery was centered on taking whatever I thought I wanted. If a person, object, conversation, or relationship was not focused on my desires, I forced them to get in line immediately. If they didn't cooperate, I just dismissed them as unimportant. My self-centeredness and selfishness ruled my entire existence. These were the products of the fear I felt whenever I looked deep inside myself.

Through NA, I have found a way of facing those feelings. I've learned a method of trimming back my character defects through the Twelve Steps, a Higher Power, and selfless service to others. I've learned that I'm able to stunt the growth of my self-centeredness through focusing on the needs of another human being. I can put my rampant ego in check through willingness to listen to others and hear what they have to say. I found that by surrendering my self-pity, I gained back a real life, on life's own terms.

I learned that the Third Step Prayer—"Take my will and my life, guide me in my recovery, show me how to live"—is not an escape from being responsible for my actions. It is an active choice I make to surrender my old actions and behaviors (take my will and my life), in exchange for direction in fulfilling my potential (guide me in my recovery), and claim the life I threw away through the use of drugs because of my pain and fear (show me how to live).

Life began to have meaning and purpose for me as I learned to practice these simple principles. Many addicts in recovery have had similar experiences with these principles. If we find that life has become overwhelming, and our Higher Power doesn't seem to be working in our lives, this simple prayer can point us in the right direction. It can lead us to reflect on those aspects of our lives that are going against these principles and find relief from the insanity of having to act on old behavior. True freedom comes when we surrender to a Power greater than ourselves and realize our full potential as human beings.

Michael R, California both articles are from the Apr. 1998 NA Way

Do you have a home group?

I have an important question to ask: "Do you have a home group?" I bet you're wondering why I asked that question. I feel it's an important question. How many of us have a group that we can call home, when we didn't have anyplace before?

For me, having a home group, gives me a place with a sense of security and freedom. It gives me an opportunity to share my story of hope and freedom from active addiction. It has given me life, and I can share it with others that so freely chose this way of life, especially the newcomer.

Since, I have been clean for a number of years; I have always had a home group. I had at least two other meetings that were my home group, before the one that I actively have at this present time. I'm very grateful for those meetings.

Many of us do not have a home group, and yet still go to meetings. Please, do not think that I'm not grateful that you're still going to meetings, but yet do you have a place where you call home?

How many of us have read: "The Group" Booklet? I know that by reading it, it has given me a good insight of what the group purpose is all about. This does not mean that I'm an authority on the subject, but it has given me an understanding of the group. I believe that the purpose of the group is that we as recovering addicts can share our stories, dreams, disappointments, and success with other addicts. We make new clean friends, who show us that recovery works.

We have a place to come to on a weekly basis with our friends that have helped us, and were there for us in our recovery process. We make new friends, and new people who come to our home group.

We get involved with our home group, because it is one line of defense against our disease of addiction. We want our home group to be a place of spiritual opportunity for everybody that comes to our home group.

Continued on pg 4

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

Come to the
Helpline
Workshop

At the
CONVENTION
MDRCNA XI
November 26 - 29th
Marriott Hotel Detroit, Mi.

For info call
Alfreda R. 586 943-6014

Western Wayne Area's
New Years Dance
At the Elk Club
31117 Plymouth Rd

CONGRATULATIONS
TO ALL WHO HAVE
CELEBRATED
CLEAN TIME!

September

- Chaz C. 9-25 1 year
- Reggie C. 9-12 14 years

October

- Beth H. 10-4 2 years
- Trevor W. 10-17 8 years
- Terry M. 10-1 3 years
- Tom L. 10-7 1 year
- Jen P. 10-5 18 months
- Issac T. 10-7 4 years
- David S. 10-28 4 years

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 addicts 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
Not Meeting
Clean and Serene Meeting
Sheldon Rd Plymouth, Mi.

Read the stories in our basic text which shows many times on how they kept going to meetings, and being involved helped them in their recovery. We need to show that we are responsible at our group, by attending its business meetings and doing service work. Hopefully, if you keep coming, you'll see that it works, and just maybe, in God's time, you'll get involved and choose a meeting as your home group.

If you're wondering, "Well, how do I find or pick a home group?" That is a good question to ask. The answer is simple, for me it's: When you start going to meetings look at the people who are walking the walk. There are a lot of meetings that are lacking spirituality, honesty, willingness, and open-mindedness, "Do you want to attend them?" A big meeting doesn't necessarily mean that it's a good meeting, or a successful meeting. Sometimes, a small meeting can carry the message as well as a big meeting. For me, medium to small meetings are better, for I have found that more newcomers come to these meetings than the bigger ones. Big ones have their benefits, I'm only stating how I feel and what has worked for me in my recovery. If you want to find that one meeting for you, where you feel comfortable, and can learn to get humble. Ask others how they found their home group, and get their feelings on it. But, the most important of all is: "Keep coming back, you'll find your home group."

I wrote this with hope that maybe you'll find a home group, get involved with that group, and show that a home group is worth having.

Thank you for letting me share.

Written by,
 John R.

A Humble reply

This is my humble reply to some of the things I see and hear around here. I have been troubled as of late. I do not approve of a lot of behaviors that are happening, and I've been forced to take a closer look at who I am and what part I choose to play.

However hard I try; I make mistakes; I have mud and blood all over me. People are quick to condemn. I am not a religious person and yet something comes to mind from a certain wise man; Let he who is without fault cast the first stone.

I have prayed and shall continue to pray, that we may learn from these mistakes, to heal and grow.

Love you all,
 Robin L

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.

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Name: _____ Signature: _____ Date: _____