What am I doing? At the moment I’m clean. I pray to my Higher Power, most of the day. Make a meeting a day by choice, read daily meditation’s, talk to someone in recovery and listen to music of all kinds daily. I’m learning how to enjoy the freedom from active addiction and prison. I am learning how to be okay with myself. One Day at A Time, I’m getting acceptance. Just because I am clean everyone is not going to like that. Old family members and lovers, who I still see at meetings, old addicts I run into from time to time on the streets. Drugs are everywhere these days, and so is the life style. I am adjusting to my source of income sometime I miss the fast money. Learning to say no today and meaning it. It takes practice nothing happens over night. A lot of my problems are not going to go away. It is how I respond to them when they come. I am dealing with the side effects from drug-use, high blood pressure, head aches and stress.

Learning to live life on life’s terms, without the use of drugs. Detoxing from a 12 year relationship, One Minute at A Time, sometimes One Day at A Time. Sometimes I want to act out on being separated from my spouse but I haven’t. I want to hurt him by having someone else in my life or just slapping him. What good would that do? Who am I hurting? Myself. My disease tries to attack me in my weakest areas of what I love the most. That was drugs, money, men, sex and self esteem. I’ve come too far to turn back to my old ways of living. Addiction is Jails, Institutions and Death; it doesn’t say which will come first. I could still be in prison in my mine. Writing and talking about my feelings cut that in half. Who gets clean to be miserable? Not I. I kind of like myself today, I love myself a little more each day, everything is a process. I have everything I need today. I love myself a little more. I’ve got to tell myself Just for Today a Clean day is a Successful day, No Matter What Happens. If I did not have NA and a Higher Power, I would be where I am at today in my Recovery.

Pamela W.

New elections are coming up for people to hold a service commitment. If you have 6 MONTHS or MORE clean, and want to be actively involved every other week or every week. Come out to St. Mary’s Hospital March 15TH @ 6:30 pm. Positions available for Oakdale, St Mary’s and Salvation Army (Women’s only facility). H&I needs you to carry the message of recovery to the addict or addicts that can’t get out as freely as we can. “PLEASE WE NEED WILLINGNESS”
Article VI - Editing Procedures

A. The WWCANA Newsletter Guidelines, Twelve Traditions and Twelve Concepts for Service serve as the basic guidelines for editing the newsletter. We have no opinions on outside issues, we are not affiliated with any other organizations, we remain anonymous in print, and we are non-professional. All the principles contained in the guidelines, traditions and concepts will be studied carefully and followed. We will most likely receive a good deal of input that is not usable or needs to be changed before it is used. Group discussions and proof reading sessions help, because this responsibility is then shared by a number of people, and a better group conscience is obtained.

B. We will always edit out any profanity. Whether or not we distribute outside of N.A., our newsletter represents the public image of our fellowship. This basic courtesy is essential if we are to be viewed as a respectable recovery program.

The language of N.A. recovery will be used. Our Steps and Traditions are worded to keep the focus of our program on addiction and recovery, not on specific drugs. We are addicts and our disease is addiction. Alcohol is often arbitrarily separated for other drugs in the speaking and writing of some N.A. members. This practice should not be reinforced in our printed word. For us, such a distinction is artificial and contributes to a lack of understanding of the First Step. These are some examples of what we need to enforce:

**Writer Said We Print**

- Alcohol and Drugs - Drugs
- Clean and Sober - Clean
- Alcoholic and Addict - Addict
- Sober - Clean
- Sobriety - Clean Time or Recovery
- Cross Addict et al. - Addict
- Drug Fiend - Addict
- Drug Addict - Addict

These changes are in keeping with accepted language in all of our Conference approved literature, and are intended to help us keep the N.A. principles of Recovery clearly in focus. Of course, all grammatical and structural errors, misspellings, and faulty information will be corrected. The clearer the Newsletter, the better, but perfection is not always possible. The most important concern is that a clear message of recovery comes through that is consistent with the Twelve Traditions and N.A. philosophy. All articles turned in must be accompanied with a disclaimer form. If one is not submitted with articles(s), it will not be published unless the author is located and submits a disclaimer.

C. After editing procedures and prior to printing of newsletter for distribution, each newsletter will be submitted to Admin for approval.

**MARATHON MEETING**

Marathon sub-committee: will meet Tuesday March 19TH @ 7 pm @ Surrender to Survive @ 7865 Belleville Road, S of Ecorse next to the Fire Station, at Open Arms Lutheran Church.

“All ARE WELCOME, PLEASE WILLINGNESS NEEDED AGAIN.”
Nowhere to go, don’t know what to do anymore, 
I drop to my knees. I can’t thank you enough for saving me. 
I beg and I plead, I have so many needs. 
Thank you for saving me. 
My heart is good but my thoughts aren’t strong; I was upset, 
I was misled; I fell in a trap and got stuck where I was at. 
Thank you for saving me. 
Now I have hope, now I have peace. 
Thank you for saving me. 
I can’t do it alone; now the monster inside me is finally gone. 
Thank you for saving me. 
If it wasn’t for you I’d still be dead inside, the pain that I felt, 
the things that I’ve done, I’m so ashamed, but there’s no one to blame. Because of your grace and unconditional love, I finally got my life back. 
Thank you for saving me. 

By: Brittany B.

In recovery I have learned that the "why" questions always keep me in the problem. Questions like: "Why did that have to happen?" Or, "Why didn't/couldn't she do this?" Or, "Why does it always have to turn out that way?" Or, "Why can't I catch a break just once?" etc, etc... 'Why' questions not only keep me focused on the problem, but they almost always turn me into a victim as well.

As I work the steps of the program, many wonderful things happen in my life beginning with an awareness of my thinking and self talk. My sponsor taught me about the why questions and encouraged me to look for solutions using who, what, how and where questions instead.

Today when I have a problem or situation I don't like, I ask questions like: "What are three things I can do right now to remedy this?" Or, "Who might have experience with this that I can call for help?" Or, "What lessons are here for me to learn and grow from?" Or, "Where can I get a solution for this?" These are the questions I ask today to help me get out of the problem and into the solution. My question for you is - "Who do you know who might enjoy this quote?" Pass it on!

Anonymous
Area & Sub-Committee Mtgs.

Admin Meeting: 1:00 pm, New GSR Orientation: 1:30 pm, Area Meeting: 2:00 pm Second Sunday of the month; Dorsey Community Center
Activities: 6:00 pm Last Monday of the month; Clean and Serene Group, St John’s Episcopal Church, 574 S. Sheldon Rd, Plymouth
Helpline: 7:00 pm Last Sunday of the month; Straight from the Book, Good Hope Church, 28680 Cherry Hill, Garden City
Hospitals & Institutions: 6:30 pm Third Friday of the month; Key to Recovery, St. Mary’s Hospital, ground floor across from cafeteria
Literature Review: 6:30 pm Fourth Wednesday of the month; For Sanity’s Sake, Kirk of Our Savior
Outreach: 7:00pm Second Friday of the month; Courage To Change, 15600 Trenton Rd.
Policy: 12:00 pm Second Sunday of the month; Dorsey Community Center
Public Information: 7:00 pm First Tuesday of the month; People Helping People, St. Phillip’s Church
Web Servant: Mel K.
wwca.webservant@gmail.com

Conventions and Dances

Detroit Area Convention 21, Living the Dream
Detroit Marriott Hotel at the Renaissance Center, Detroit MI. Reservations for the Hotel call (800) 352-0831 Mention DACNA to get Convention Rates.
Registration after March 1st, 2013 or at the door $30.00.
DACNA Website: www.michigan-na.org/dacna

Georgia Regional Convention 32
Hosting Service Body: Georgia Region
Box 603; Hull GA 30646
Venue: Jekyll Island Convention Center
1 Beachview Drive, Jekyll Island (912).635.9800
Additional Information:
Please see website for registration flyer, details & info www.grena.org

N.A. Unity Newsletter
Submit all articles, such as recovery stories, poems, events, anniversaries and convention dates and much more to wwwnanewsletter@gmail.com or Newsletter Committee: 7:30 pm Second Wednesday of the month; St. Constance, 21555 Kinyon, Taylor.

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: __________________________