N.A. "A BEACON OF HOPE"

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Service work: "LEADING BY EXAMPLE:
"Addiction IS A Family Disease"

... Many of us come from severely damaged families. At times, the insanity that reigns among our relatives feels overwhelming. Sometimes we feel like packing our bags and moving far, far away.

We pray that our family members will join us in recovery but, to our great sadness, this does not always happen. Sometimes, despite our best efforts to carry the message, we find that we cannot help those we hold most dear. Our group experience has taught us that, frequently, we are too close to our relatives to help them. We learn it is better to leave them in our Higher Power’s care.

We have found that when we stop trying to settle the problems of family members, we give them the room they need to work things out in their own lives. By reminding them that we are not able to solve their problems for them, we give ourselves the freedom to live our own lives. We have faith that God will help our relatives. Often, the best thing we can give our loved ones is the example of our own ongoing recovery. For the sake of our family’s sanity and our own, we must let our relatives find their own ways to recover. [J.F.T. Meditation: April 20th. Pg114]

Resubmitted by: Evelyn M.
In loving service; editor

"3rd Tradition:
"The Only Requirement For Membership is the desire to stop using".

But, sometimes we must take inventory of what our group is doing to fulfill its primary purpose—to carry the message to the still-suffering addict.

Sometimes when we go to our meetings, we know almost everyone and get caught up in the laughter and fun. But what about the newcomer?

"We want to look the past in the face, see if for what it really was, and release it so we can began to live today". pg 29; 6th Edition

DID YOU KNOW... WE HAVE CONFERENCE MEETINGS

FOR THE
HOSPITALIZED,
BED-RIDDEN, SHUT-INS
RECOUPEATING ADDICTS?
REACH OUT, AND LET OUR MEMBERS KNOW THEY ARE MISSED AND WE WISH THEM A SPEEDY

RECOVER, FOR THOSE OF HOSPICE CARE...SPEND A LITTLE MORE TIME WITH THEM ONE LAST TIME!

... "MY GRATITUDE SPEAKS, WHEN I CARE, AND WHEN I SHARE, THE NA WAY"

LITERATURE
SUB-COMMITTEE
MEETS: 1ST MONDAY OF
EA. MONTH @
"DAILY CHALLENGE" GRP
FROM 6:30-7:30PM
@ 5901 CADIEUX @ LINVILLE
S. OF I-94
BETHANY LUTHERAN
CHURCH
LOWER LEVEL
"COME AND GIVE US YOUR SUPPORT"~
5TH TRADITION: "EACH
HAS BUT ONE PRIMARY
PURPOSE; TO CARRY THE
MESSAGE TO THE
ADDICTS WHO STILL
SUFFER".

"What is our message? The message is that an addict, can stop using drugs, lose the desire to use, and find a new way to live"

OUR MESSAGE IS OF HOPE! [6TH TRADITION]
"...To plant the seed for recovery and bring addicts together so that the magic, empathy, honesty, caring, sharing and service can do their part"
Have we remembered to reach out to the new people who may be sitting by themselves, lonely and frightened? Do we remember to welcome those visiting our group?...

"Courage:
The serenity to accept the things we cannot change often comes after having the courage to change the things we could. It takes courage and humility to open new doors and to close old ones...” [Living Clean: The Journey Continues pg 120]

"Twelve Steps of Life"

...Before coming to Narcotics Anonymous, our lives were centered around using. For the most part, we had very little energy left over for jobs, relationships, or other activities. We served only our addiction.

The Twelve Steps of Narcotics Anonymous provide a simple way to turn our lives around. We start by staying clean, a day at a time. When our energy is no longer channeled into our addiction, we find that we have the energy to pursue other interests. As we grow in recovery, we become table to sustain healthy relationships. We become trustworthy employees. Hobbies and recreation seem more inviting. Through participation in Narcotics Anonymous we help others.

Narcotics Anonymous does not promise us that we will find good jobs, loving relationships, or a fulfilling life. But when we work the Twelve Steps to the best of our ability, we find that we can become the type of people who are capable of finding employment, sustaining loving relationships, and helping others. We stop serving our disease, and begin serving God and others. The Twelve Steps are the key to transforming our lives....[J.F.T. Meditation: April 24th. Pg118] Resubmitted by; E. M.C.

Let's give a round of applause to /for our Higher Power for allowing us another Easter Weekend of 'Recovery in Celebration'.

As a member of DACNA Programming Committee, this year I must say, from day one Level 3 and 4 of the Downtown Ren-Cen WE were at our best behavior.

Members at the registration booth kept it moving smoothly. No bickering, hogging space, no impatience, with one another.

Tickets and Registration booth where members buying their tickets for entertainments, ect members show great respect for one another, and for the committees in service. THANK YOU! Your cooperation/patience made transactions made ample time and speedy fashions.

Merchandise, tapes, convention information, and a warm welcome to So - So of New York with their merchandises, great locale for making it easy to shop.

Our workshops had had great turnouts/support. I especially like the turn-out for the HelpLine. Brilliant presentation by our HelpLine chairs Ellen D. Scotty, Kitty and volunteers, and those who had the willingness to share and participation and involvements of/and support.

From our opening speakers to our banquet speaker, to the closing speaker, we had a ball sharing and caring the message, giving away what has been so freely share shared by those before us!

DACNA 24'

DACNA 24 WAS A HUGE SUCCESS...AS FOR PROGRAMMING, YOU KNOW THE SPEAKERS AND WORKSHOPS WE ALL LOVE TO LISTEN TO, IT WAS GREAT.

OUR PROGRAMMING COMMITTEE MADE A CONSCIOUS EFFORT TO DIVERSITY, INTRODUCING SPEAKERS FROM ALL WALKS OF LIFE AND ALL AREAS OF THE COUNTRY.

IT TAKES REAL DEDICATION BEING A COMMITTEE MEMBER FOR DACNA - OUR TEAM WORKED COUNTLESS HOURS LISTENING TO CDs ATTENDING FUNDRAISERS, SEEKING OUT CONVENTIONS IN THE REGION TO BRING NEW VOICES TO DETROIT.

IN FINAL ANALYSIS, I AM PROUD OF THE WORK OF THE DACNA 24 PROGRAMMING, IT MADE FOR A VERY MEMORABLE CONVENTION.

Committees Reports:

DACNA'S REVIEW
Introducing the founder: Jimmy K. (James Patrick Kinnon; April 5th, 1911 - July 9, 1985). For those who don’t know him, he was the co-founder of Narcotics Anonymous (NA), an international association of recovering addicts. During his lifetime, he was usually referred to as “Jimmy K.” due to NA’s principles of personal anonymity on the public level. He never referred to himself as the founder of NA, although the record clearly shows that he played a founding role.

When Kinnon was seven years old he befriended a local alcoholic who he referred to as Mr. Crookshank. He would often find him drunk and beaten. One day Kinnon found him badly beaten up and unresponsive. Kinnon ran for help. Over the following weeks Kinnon did not see Crookshank and after numerous inquiries his mother took him to see his friend. They went to an institution that Crookshank was now a resident of. He was wheelchair bound and incoherent. Upon leaving the facility Kinnon told his mother that when he grew up he was going to help people like Mr. Crookshank.

Kinnon was born in Paisley, Scotland on April 5th, 1911. He and his parents moved to the United States in the 1920’s. For medical reason he was separated from his parents on Ellis Island. He stayed with a German family while he was waiting for his parents to be cleared. When he was reunited with his family he moved to New York and then to Philadelphia. He never saw the German family again. While in Philadelphia Kinnon went to private school and had plans of entering the priesthood. He began using drugs and alcohol and started getting into trouble. He never followed through with his goal of becoming a priest.

While in his thirties, Kinnon moved to Sun Valley, California. He got married and had five children. He suffered withdrawals that caused him to hallucinate and he spent some time screaming in his bedroom.

Kinnon stopped using drugs and alcohol on February 2nd, 1950. He began attending Alcoholics Anonymous, a twelve-step program. While in Alcohol Anonymous he met other members who had struggled with addiction and substances other than alcohol. Alcoholics Anonymous often discouraged members from talking about addictions other than alcohol. Kinnon attended meetings of another group called Habit forming Drugs but was disappointed with them.

**Formation of Narcotics Anonymous:**
Kinnon and other members of Narcotics Anonymous began holding their own meetings. After some communication with Danny Carlson from New York, who was also trying to set up a program for drug addicts. Kinnon and several others were given permission from Alcoholics Anonymous to adopt the twelve steps. Narcotics Anonymous was founded in 1953.

Most of Narcotics Anonymous early literature was written by Jimmy (James P. Kinnon) K. he was the main contributor to the Yellow Booklet, Little White Booklet, and Little White Book that were used throughout the 1960’s and 1970’s. In 1981 hundredsof Narcotics Anonymous members expanded on this literature and created the Basic Text.

Jimmy (James P. Kinnon) K. past away on July 9th, 1985 in California. Prior to his passing he told his daughter that he wanted his gravestone to say, “All we did was sow some seeds and worked and wrought to make his work, so that we and others could live. In Peace, in Freedom and in Love”. He was clean for thirty five years at the time of his passing.

In Peace, and Freedom and in Love; Good night, Jimmy K. till we meet again.

*Evelyn M.* (Researched article)
Each month NA have Fundraisers, or Workshops and Dances/Activities. Check our Activities Lines at; 313.638.4990 for the most current updates. Helpline: 248.543.7200 www.phone.com

Policy Meeting: 3rd. ea month @10 am at “Life Goes On” grp 1491 Baldwin @ St Paul.

DACNA XXV Planning Committee meets; May 21st. 2016@ 11am ELECTIONS: voting for new Admin. Body. 4777 E. Outer Dr. east of Van Dyke Ave.

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Women’s Day Committee:
Ladies that are interested in volunteering and being apart of the October event, contact Venus M.D. chairperson.

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In Narcotics Anonymous 12 Steps Program,
**What is a Catastrophic System Failure?**
A Relapse!
“If we begin to avoid our new responsibilities by missing meeting, neglecting 12 Steps work, or not getting involved, Our Program Stops“...pg 79 (6th Edition)

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**Inspirational notes:**

**The Past**
“For many of us, our Past is like a Bad Dream. We many still have highly charged emotional memories of a really uncomfortable Past.
The quit, fear and anger that once dominated us may spill into our new life, complicating our efforts to change and grow.
This is why we ask the Creator to remove these feelings, so we no longer have to be controlled by our Past“.
Inspired by; Al K.

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**Serenity Check**

... in recovery, life can get pretty hectic. Maybe those added responsibilities at work have got you hopping. Maybe you haven’t been to a meeting for awhile. Perhaps you’ve been too busy to meditate, or haven’t been eating regularly or sleeping well. Whatever the reason, your serenity is slipping.

When this happens, it is crucial that we take action. We can’t afford to let one “bad day”, complete with a bad attitude, slip into two days, four days, or a week. Our recovery depends on our daily maintenance program. No matter what is happening in our lives, we can’t afford to neglect the principles that have saved our lives...[pg 23, J.F.T. Meditation:]

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**RECOVERY!**
WHAT WE PUT IN, IS WHAT WE GET OUT OF IT....KEEP COMING, DON’T USE, AND ABOVE ALL, DON’T STOP CARING AND SHARING...THE NA WAY!

**Anniversaries:**

Vaughn B. Jan. 15, 1992 (California)
Shirley J May 16th, 1992
Ellen D. Feb. 3rd, 2013
T J, P. May 8th, 2014