The harder I fight the harder the disease fights back

It never ceases to amaze me that when I am fighting this disease I am fighting a losing battle. I am currently in a battle that has lasted for over a year, I have adult children that are having problems and my wife and I are in the middle, I have a new granddaughter with CF and I am having a hard time understanding why this cute little baby that is always smiling and giggling has this disease that will most likely take her life before she is 30. I have my own resentments and personal issues from my life that are coming to the surface again and I am dealing with all of it by overeating constantly and gaining weight to a point that is very unhealthy.

I have been in the program for 23 years and have been through the steps several times. I am currently working with a new sponsor and am writing again and the disease seems to say, “So what! F you, I am in control once again and you cannot do anything about it.”

I have had many ideas and thoughts on what may be the answer this time and all of them lead me to a place that I do not want to be. I have an urge to do things that are stupid and will lead to me being isolated and alone and that does not seem to scare me much which is frightening if you think about it.

So what is there to do when you have 23 years clean and some of them recovering? What is the answer when you have worked the steps and written and talked and done more service work than you care to think about? What do you do when you don’t want to admit with 23 years clean that the disease is still strong and still kicking ass when I allow it?

Surrender, Surrender, Surrender, I am tired and my mind is exhausted and I do not want to fight anymore.

I just got off the phone with my sponsor and we were discussing everything in my head and a light went off and that is that I am fighting, I am trying to battle with this disease that I know I cannot win. I need to work the steps and do those things they tell me in the program but I have to then let go and let them work. I have to wait for the results and not try to force them. I am trying to battle when I should be surrendering. This is a disease I cannot fight and win, only by surrender can I keep it at bay. The disease does not know what to do when I say ok I am done you win, I cannot battle you, and I can only make choices that will do the opposite of what you want me to do. By doing what the program teaches and the literature states then the disease is helpless because it cannot win a fight that is not fought.

Thank you NA for the wisdom to know the difference

Frank K
The Recovering Addict

"We were hopeless, useless and lost. Failure had become our way of life and self esteem was non-existent. Perhaps the most painful feeling of all was the desperation. Isolation and denial of our addiction kept us moving along this downhill path. Any hope of getting better disappeared."

Entering yet another psych hospital I was completely hopeless, broken and full of desperation. I forgot the feeling of hope, of love, of what it meant to want to live. Leaving the psych hospital and entering rehab, I knew something had to change. I lost everything I had and everyone I love. I lost all hope of living and was wishing I was dead.

"Even though our minds told us we would never make it, the people in the Fellowship gave us HOPE by insisting that we could recover."

Something amazing has happened to me during my time in Recovery, by attending meetings, being involved in the Fellowship with other addicts, reading the literature, and talking with my sponsor, I have developed this new feeling I haven’t felt in a long time, if ever. I have a feeling of hope today, true hope that things are going to be okay. I have love for myself, which has been lost for years. Good things are happening to me today, relationships with family, my ex wife, children and friends are being mended and rebuilt. Hope is an unbelievable feeling. I smile, laugh and have real friends today, people who truly care about me. I’m so grateful I came into the fellowship, broken but willing, scared, but open-minded, a lost soul but honest about who and what I am and was, an addict who became a monster to all he cared and loved. Here is a poem I wrote not too long ago about how deep my addiction took me into depression and isolation.

I wake up look in the mirror and wonder what I have done.
You see, this disease is a sickness and self mutilation is no fun.
The scars are all over the place and they run so deep.
You see, these scars I have, I have no choice but to keep.
Isolated, broken, hopeless and full of despair.
You see, I was so deep into this nightmare, I didn’t really care.
Each shot I took, beer I drank, each line I did and each needle to my vein.
You see, this just fed the monster inside of me and I cut to ease my brain.
Hospitalized the doctor said he is crazy, he’s mad, he’s insane.
You see, he thought giving me something in a bottle would take away my pain.
My addiction had me cut, it had me say f*** life I’m better off dead
You see, I was broke, sick and alone with all these crazy thoughts in my head.
Then came the day with tears running down my face that I knew I had to change.
You see, with all my pride, ego and joy gone, I headed to treatment hoping my life would be rearranged.
Listening and learning I thought to myself this life could be for me you see, I was so broken willing and seeking that God brought me to my knees.
I cried out for help, guidance and removal of all things in me so damn hateful.
You see, now I’m living life and for that I am so grateful.

James L

"We find safety, clarity, and confidence that no matter what happens we don’t have to lose ourselves

Dear Addy

Send in your questions to MacombMiracles@yahoo.com to see it here.

Dear Addy is a fictional character along the lines of Dear Abby. The opinion expressed here are reviewed by the newsletter committee and have the same review that any article in the newsletter would have. They are in no way the opinion of NA as a whole and are for entertainment purposes only.

If you would like to submit a question to Addy, please send your question to macombmiracles@yahoo.com

Newsletter Committee
MACOMB AREA CAMPOUT

Friday, July 24th thru Sunday, July 26th 2015

Friday & Saturday Night Speakers
Fireside Meetings - Boat & Bike Rental
Fishing - Swimming - Waterslide - Mini Golf - Volleyball

Good Clean Fun in Recovery!

Advance Cost: $58.00 for Two Nights
Price Includes Camping Space ONLY
Sites Must be Paid in Full Before the Event

We need a MINIMUM of 10 Sites with a MAX of 15 Sites Available
Please Reserve Your Spot Soon!
Call Marty K. or 810-523-6167 for Reservations & Information

Groveland Oaks Campground,
1455 Dixie Hwy., Holly, MI 48442
248-634-9811
WWW.DESTINATIONHOLLAND.COM

MCANA Road Rally Fundraiser for Macomb Area Convention

Sunday July 19, 2015

Road Rally Starts at 1:00 p.m. (Check-In is at 12:30p.m)

Detail: Entrance fee for Road Rally is $100.00 per car with a maximum of 4 people per car. The entrance fee includes, Road Rally adventure, trophies for 1st place team, After Party with steak dinner, an evening filled with music, bonfire, speaker meeting, and lots of fun fellowship.

If you cannot participate in the Road Rally but want to join in the party afterwards, including steak dinner, the cost is $15.00 per person.

“After Party” starts at 5:30p.m.

Registration for Road Rally and tickets for “after party” MUST be purchased in advance by July 12th, NO ADMITANCE without Road Rally registration or tickets for “After Party.”

This event will take place at Will and Stephanie’s home (16 Mile & Groesbeck) and there is a limit to the number of people we can accommodate for this event, register early and get your After Party tickets right away!

Registration and After Party Tickets can be purchased through the Convention Committee.
Contact Kathy M. at (586)-569-1084 or Lori M. (586)-214-8722 for additional information.

Upcoming Events

MACNA IV
June 27, 2015
Golf Outing
Link of Lake Erie
Monroe MI
14727 La Plaisance rd
Tee off at 2 pm
$50.00 per person
$200.00 per Team
Bruce G 586-651-7224
Robert H 313-633-6143
I 75 south Exit 11 Turn right

From the Area

Sub-Committee Nominations–
Activities Chair/ Jennifer P.
Newsletter Chair/ Jocelyn D.
Treasurer/ Stacy S.
11 GSR’s present at last months Area meeting

May 31, 2015

RCM Robert B.

- N.A. was given 10 more billboards for free, all we have to pay for is the cost of printing them at $1000.00. See Robert if you would like to know locations, We now have a total of 24.

- The third batch of material representing Traditions 7 thru 10 is now available for review ad input. The material can be found on-line atwww.na.org/traditions. The entire book will be completed for review at the conference agenda report (CAR) in November 2015.

- The WSO is considering developing an app for use on phones. The App will be based on IP #9, Living The Program.
  Frank W. - Won new Region Chair/ Thank you for all your services Angela!
  Renea T. - Won Secretary.
  Ian P. - Won Treasurer
  Angela F. - Won Unity Committee/ Very exciting!

Regional News Highlights

Word of the Month from the Recovery Dictionary

**Integrity:** 1. An unreduced or unbroken completeness or totality. 2. Moral soundness. 3. Is the consistent application of spiritual principles, no matter what the circumstances. (It Works H&W) 4. Knowing which principles we need to practice in a given situation, and in what measure. (Step working guides)

“The disease does not discriminate and neither should we.”

“An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.”

While each group has but one primary purpose, there are many ways to fulfill that purpose. Our groups often go to great lengths to carry the message. We carry out our primary purpose as individuals, as groups, and through our service structure. In carrying the message, groups come in contact with other organizations in their areas. Good public relations can help our groups better fulfill their primary purpose, but cooperation with other organizations can also lead to conflict, diverting our groups from carrying the message. Tradition Six tempers our zeal to carry the message, establishing boundaries for our relations with others in the area. Our fellowship’s primary purpose defines us. We are a society of addicts sharing with others the hope of recovery in Narcotics Anonymous. (It works H&W)

If you would like to submit an item, Make sure that it is N.A or recovery related. 500 words or less. Anonymity is strongly advised (as far as naming names) By sending in any submissions you hereby grant permission to Macomb Miracles, their successors, assigns and those acting on their behalf authority to publish the attached original material and you understand that this material may be edited or reprinted in other NA journals. Each item will be checked and edited if needed and will become property of the Macomb Miracles. You can submit an item to the N.A website www.michigan-na.org/macomb (good) or to your G.S.R (better) or to macombmiracles@yahoo.com (best). We are looking for news, events, poetry, your story, your opinion, artwork. Questions for our new section “Dear Addy” or anything you think may be suitable. The newsletter “business meeting” meets on the last Thursday of every month at 7pm before the “Today we live 2” group meeting.
**Activities**

### Upcoming Events

It’s always best to get your events and announcements in early so we may print them and let the fellowship know what’s going on and to show that we do have fun without using. Any picnics, socials, open talks,…any activities at all send them to: macombmiracles@yahoo.com

### Michigan Service Office

726 Livernois Ferndale, MI 48220

(248)544-2010 M.S.O Hours- Tues,Wed,Thurs-10am-6pm and Saturday 10am-4pm

### Name Clean Date Years

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**Anniversaries**

From the Editor.

Hi Macomb county, Your newsletter is always in need of articles, poems, flyers for up-coming events in our area, Artwork, Clean date Anniversaries, Anything NA related that you would like our Area to know about, any new meetings or meetings that are closed or in need of support. Send the information to me at MacombMiracles@yahoo.com.

Thank you for allowing me to be of service,

~Jocelyn D.

To get a “Just For Today” Daily Meditation sent to your Email or phone everyday just go to this site and sign up! Just that easy.

Go to NA.org Click on “service to members” Then click on “Just for today subscriptions”.

366 daily meditations, one for everyday of the week.