"We lacked the ability to cope with daily living."

Dealing with life on life’s terms has never been a strong suit of mine. I try to think back on what was the reason why I turned to drugs and alcohol in 2008 and in 2011 after around two years clean both times, and it comes down to "feelings". Not wanting to feel a certain pain or disappointment in my life, being afraid to "face the music" when I did something wrong and didn't want to hear it. So I ran from those feelings and turned to masking them with drugs and alcohol. The root of the problem was that I never worked a program, I didn't know what Narcotics Anonymous was, I definitely would never have gone to a meeting or even thought about fellowshipping with other addicts..

"Drugs gave us a feeling that we could handle whatever situation that might develop."

Without a program of recovery and running my own personal "James program" I turned to what was familiar to me when feelings of not being happy became too much for me to deal with on my own. Even though I was 25 months clean I was living a life that made feel miserable, I felt like I was living a lie, I felt fake. The people around who were great, hard working, productive members of society, they just didn't understand me. There was definitely something missing, I felt like I had this huge void in my life and no one not even my wife at the time really understood me and the feelings I was having. What was this void I felt? Why did I continue to turn to drugs and alcohol to avoid reality, to avoid pain, to avoid feeling miserable? In reality, my life wasn't that bad, not bad at all. Had a hard working non addict who was my wife, a beautiful home, vehicles, had a career and my wife and we just had our third child together. So, why did I feel this way, why did I feel so alone and just miserable with life? So, there I found myself at the bar yet again covering up these feelings of loneliness, masking these feelings of unhappiness, and filling a void that was missing. This is what I knew, so this is what I did and for me it always start with a drink that lead me to using "harder" drugs. Within a year from that day, I was divorced, became a part time dad and my drug use only got worse. This time it lead me where I never thought I would go, it lead me to divorce, losing contact with my children, losing family, houses, cars, jobs, it lead me to heroin.

"We used drugs to cover up our feelings and did whatever was necessary to get drugs."

It didn't matter what I was feeling I threw drugs on top of it. My softball team just won a world tournament, feeling happy and wanting to celebrate with the teams, I did drugs and drank. My mom and dad passed away, not wanting to deal with the pain, I did drugs. This is how I handled any situation in my life whether it be good or bad. I became a person I never thought was in me, I did stuff in my addiction I never thought I would do. I hurt people and did things to support my addiction that were absolutely crazy, absolutely insane. I lost all mental and emotional functions, I lost my conscience and my ability to love.

"We face our problems and feelings."

"We concentrate on recovery and feelings and not what we have done in the past."

I forgot how it was really like to have feelings, I forgot what fun was, or how to go to work not high, I forgot how to show compassion and love for others. I forgot how to love myself, I forgot how to feel. Today, I feel, whether they are good feelings or bad feelings, I feel... And I am so grateful for that today. I'm grateful for the NA fellowship and the people that show me that these feelings are normal. I'm grateful I have a Higher Power that I have a relationship with today that helps me get through the feelings of insecurity and self pity. I'm grateful to experience all of these feelings clean for the first time in years and the one thing I know for sure is I rather feel something real whether it is pain, a broken heart or happiness and laughter than feel nothing at all...

Thank you for letting me share.

James L.

Send in your story to MacombMiracles@yahoo.com to see it here.
Dear Anonymous,

Let’s look at some definitions:

**Newcomer** – A person that has recently arrived in a place or joined a group. A novice in a particular activity or situation.

**Old-timer** – A person with considerable tenure or experience in a given place or activity.

**Considerable** – A lot of; much.

If we go by the definitions then we can see that an old timer has a lot of or much experience with the program, but it also means just by being in the program a long time. I do not think that we can put a time frame on a lot of or much since both are perceived differently by different people, but we can tell when someone has been around the program for a while.

I would say that if you have just arrived in the program or not had much experience with the program and have not worked the steps, then you are considered a newcomer.

When you have been here a while or work the steps and live the program and gain experience with what happens when you do those things, then you become an old timer.

-Addy

---

When we first met I was still but a child, I had so much fun staying awake running wild, at first you would only go up my nose I felt your goose bumps from my head to my toes. You are my happy, my strength, my release. Nobody told me you were just my disease. Our relationship strengthened when you return in the stone. You are mine and I’m yours alone. I didn’t understand the stigma or fuzz. How could you be so evil? My mother introduced us. I could care less about family or people in general, nothing else matters when drugs were so plentiful.

One day feeling overwhelming pain I decided to get closer to you and let you run through my veins, now I’m stuck smoking, and shooting drugs, my heart and soul has left me. I’m mentally and emotionally broke, I’m starting to believe this relationship has always been a joke.

I have been arrested almost 20 times losing my self respect, my morals, and my mind. It’s time for us to say goodbye. I’m over your l******* and all your lies. I’m finally leaving after multiple tries, our love-hate relationship I’ve grown to despise. This will be the hardest break up nothing you do what causes to make up, I loved you too long, wow how insane because you were never my friend you are only cocaine.

-Anonymous
The Helpline Needs You
From your home
From your Mobil
Service works!

It might just save someone you know, only 2 hours a week. Workshops are available first Thursday of the month @ the Eastside Alano club 9pm

Call Lenny @ (586)872-1541
Macomb Area Chair
Call Jim (586)427-1320
Macomb Area Co Chair
The Help Line #is (248)543-7200

“When we reach out to help, we receive much more than we give.”
- LC.

Words of the Month from the Recovery Dictionary

**Tradition Seven**

“Every NA group ought to be fully self-supporting, declining outside contributions.”

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 5:30 p.m.

Registration for Road Rally and tickets for “after party” MUST be purchased in advanced 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 & Grosbeck) 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.

**Words of the Month**

*Responsible*: 1. Worthy of or requiring responsibility or trust; or held accountable 2. Being the agent or cause for one’s self, own action, or the like 3. Having an acceptable credit rating.

*Freedom*: 1. The condition of being free; the power to act or speak or think without externally imposed restraints 2. Immunity from an obligation or duty.

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.

**Tradition Seven**

“The group’s decision to become fully self-supporting, declining outside contributions, reflects the group’s sense of responsibility for itself. In recovery, we discard the illusion that the rest of the world is responsible to take care of us; rather, we take due pride in caring for ourselves. Individually, we demonstrate our newfound maturity by accepting the weight of our burdens; collectively, we demonstrate our maturity by accepting responsibility for our group, neither seeking nor accepting outside contributions. The burden of responsibility, however, may seem unbearable without an appreciation for the simplicity of the group’s needs. The commitment to become self-supporting is not a commitment to raise vast sums of money not fulfill sweeping programs. Rather, the group determine it will muster the few basic resources it needs to fulfill its simple primary purpose: to carry the message to the still-suffering addict. The ideal of simplicity, when applied to Tradition Seven, helps our groups avoid the heated conflicts that often arise over the control of great resources. Problems of money, property, and prestige need not divert our groups from their primary purpose when the simplicity of that purpose and of our needs is kept squarely in focus.

**Words of the Month**

*Responsible*: 1. Worthy of or requiring responsibility or trust; or held accountable 2. Being the agent or cause for one’s self, own action, or the like 3. Having an acceptable credit rating.

*Freedom*: 1. The condition of being free; the power to act or speak or think without externally imposed restraints 2. Immunity from an obligation or duty.
### 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

From the Editor,
Hi family, I hope everyone had a safe 4th of July holiday. I would like to thank you for voting to keep me as your newsletter Chair! This past year has been an awesome experience working with the newsletter, I truly look forward to another year! Thank you for allowing me to give back what was so freely given to me! I love you guys!

With loving Service always,
~ 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

### Sub-Committees

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<td>12 Policy– 9am Henry Ford Macomb hospital</td>
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<td>19 MCANA Road Rally Fundraiser</td>
<td>20</td>
<td>21 H&amp;I Committee Mtg- Erin Presbyterian Church 6pm</td>
<td>22</td>
<td>23</td>
<td>24 Macomb Area Camp Out Flyer Inside</td>
<td>25 Macomb Area Camp Out August</td>
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<td>26 Macomb Area Camp Out Flyer Inside</td>
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<td>9 Policy Mtg-9am Henry Ford Macomb hospital</td>
<td>10</td>
<td>11 Public Relations Mtg--Second Tuesday at 9:00pm Eastside Alano club Outreach Mtg-Eastside Alano club 9pm</td>
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### Activities

July/Aug 2015

- **12** Policy-- 9am
  - Henry Ford Macomb hospital
  - Area Mtg- 10:30am

- **19** MCANA Road Rally Fundraiser

- **26** Macomb Area Camp Out Flyer Inside

- **2** Policy Mtg-9am
  - Henry Ford Macomb hospital
  - Area Mtg-10:30am

### Anniversaries

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<td>Kathy M.</td>
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<td>Nico R.</td>
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<td>Jill S.</td>
<td>07-01-13</td>
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Michigan Service Office
726 Livernois Ferndale, MI 48220
(248)544-2010 M.S.O Hours-Tues,Wed,Thurs-10am-6pm and Saturday 10am-4pm

### Upcoming Events

The Answers are in the Steps...

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Keep Coming Back! One Day At A Time

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