Have you ever been annoyed by one of those grumpy old-timers?
You know, the one who seems to be eternally sour and grumpy, they seem to never REALLY smile? Yet we either envy them for their clean time or resent them because they always say the things that make us mad?
Well, welcome to the truth.
The truth is that the next Old-timer you see is probably personally responsible for you being able to get clean and have a hope of recovery. In our text we speak of predecessors are those who have come before us. When you read this, what do you think about?

Grumpy old folks? Recovery know-it-all’s? Basic Text thumpers?

Well let’s change it up a bit and think about this, That person whom you treat with contempt and disrespect went through far more than you can imagine in the Program during a time when one day, members stopped showing up. Yes, that’s right. They sat at the meeting hall and held the doors open reading the Basic Text. Why did they do this? For the same reason YOU come to meetings. Because using was not the right choice, they knew that one day you would show up.

As they made sure the meetings survived this established NA meetings in your area – they were not “always here”. Sometimes the meetings would get kicked out of a location because of who we were or how we acted. Other times members would drive over 8 hours to simply stay connected with the other NA groups at these “Area things or Regional things”

Each time a new member showed up and caught hope, that “Old Timer” would get hope with them. As they worked with these new folks they grew closer and closer. Then one Sunday night they would hear that their new friend died of an OD. Their heart would feel such anguish.

As we are not ones who have learned to master our emotions, this would form a small little steel part around their heart. After a little while, because our text tells us to keep what we have we must give it away, that Old Timer would once again begin to get close to yet another member in working the Program with them. Sometimes those members would get clean and because NA doesn’t focus on people skills, they would turn on that Old Timer in a manner that blames him or her for that persons feelings, “I’m not getting what I need” and so on were the rebellion statements.

Once again that member would keep the meetings open each summer when a majority of the members would get “well” and disappear. Some would die while others would come back in. You see, the pattern here is the Old Timer, in their pursuit of recovery, continues to stay. They also continue to get their feelings hurt time and time again. Over years the smile simply forgets to arrive in the morning.

Then the real magic happened, You showed up and found the message. This brought in a new day and you found a caring group of members who you fit in with.

While you think you paid dearly for your Chair, I can attest to something you don’t think of - There would not BE the rooms for you to get recovery if not for those Old timers. They saved your life, directly or indirectly. You are their legacy for all the efforts they made when it wasn’t popular or cool to be here.

So hold your tongue when you are struck with the feeling of “capping on them” for they are holding their tongues while you go through all the things you go through, If you want a true long lasting friend who won’t betray you and you want to learn about the Program, go up to that Old Timer and make a friend. They were here for you. Now you can be here for them.

So to you I say I am grateful you found NA. It is such a miracle that your life is improving in so many ways. When we walk into a meeting and you start your condescending and judgmental attitudes and let your sarcasm fly, remember, that if you are lucky, REALLY lucky, one day you too will be counted amongst the “FEW” surviving Old Timers.

-An Addict

Send in your story to MacombMiracles@yahoo.com to see it here.
Do we ever outgrow our sponsor? Anonymous

In the sponsorship IP#11 under What does a sponsor do? It states:

Sponsors share their experience, strength, and hope with their sponsees. Some describe their sponsor as loving and compassionate, someone they can count on to listen and support them no matter what. Others value the objectivity and detachment a sponsor can offer, relying on their direct and honest input even when it may be difficult to accept. Still others turn to a sponsor mainly for guidance through the Twelve Steps.

Sponsorship is something we need to guide us through the 12 steps and if I have a sponsor that is not or will not guide me with what I need to work the Steps and stay in recovery, then I need to find one that will. The purpose of a sponsor is to help us work the 12 steps and then by doing so we will learn how to stay in recovery and be able to help someone else.

So the question “do we ever outgrow our sponsor?” is really up to each of us to decide. Outgrow is a term that seems to me to mean that I have surpassed what my sponsor can teach me and that is just too broad a stroke for me, but to look at it as “Is my sponsor giving me what I need to continue my path in the steps and recovery?”, allows me to ask a practical question and not get caught up in the outgrow or EGO driven part of my disease. So the best way to answer this is, “Are you getting what you need to work the 12 steps and stay in recovery from your sponsor?” If the answer is yes then you are okay. You have to be honest with yourself when you ask this question of yourself, so remember Are you getting what you need, not what you want…

Addy-
If you would like to submit an item, make sure that it is NA 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 GSR (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 Eight

Narcotics Anonymous offers a distinctly nonprofessional approach to the disease of addiction. We have no hospitals, no treatment centers, no outpatient clinics, none of the facilities associated with a professional enterprise. We do not diagnose anyone’s condition or track the progress of our patients—indeed, we have no patients, only members. Our groups do not provide professional therapeutic, medical, legal, or psychiatric services. We are simply a fellowship of recovering addicts who meet regularly to help each other stay clean.

Tradition Eight is one of the simplest, most straightforward of the Twelve Traditions. Likewise, the principles underlying the Eighth Tradition are eminently practical ones: humility, prudence, anonymity, and integrity. An NA group exercises humility when it does not pretend to be anything more or less than it is. We do not claim to be professionals or experts in anything. We are not physicians, psychiatrists or therapists; we are recovering addicts. All we offer is our collective practical experience in getting clean and learning to live clean. The value of our program comes from the identification and trust that exist between one addict and another. It Works H&W.

Prudence: 1. Discretion in practical affairs. 2. Knowing how to avoid embarrassment or distress.

Humility: 1. A disposition to be humble; a lack of false pride. 2. A humble feeling. 3. We have a realistic view of ourselves and our place in the world. (It works H&W) 4. A result of getting honest with ourselves (Basic Text) 5. Is the honest assessment of our strengths and weaknesses. 6. An acceptance of who we truly are—neither worse nor better than we believed we were when we were using, just human (Step working guide).

**Open Area positions: Literature Chair**

- This subcommittee consists of Chair and any NA member who wishes to carry the message of recovery within our literature. This subcommittee shall partake in the development and approval process of Narcotics Anonymous literature. Unannounced nonattendance of chairperson for two consecutive area meetings or relapse shall constitute trusted serving resignation.
- Nothing but hope is not homeless anymore. New location at Trinity Lutheran Church 8150 Chapp Warren MI 48089 Sundays 7pm.
- Closer to the heart still meets at Renaissance Unity on Fridays at 7pm and needs support.
- Just For Tuesday has babysitter available.
- Recovery Zone will be having a picnic August 14.
- Go tell it on the mountain could use some support.
- Other groups in need of support to help carry the message of recovery please come out and visit. Sunday night Candlelight, Serenity on Sunday, A new beginning, Monday night live, Spiritual Fire, Together we grow, Get a life, Get right on Wednesday, Steps by candlelight, White Flag, Please don’t use dammit, Gimme Shelter, New hope. Although these groups do not attend the Area meeting on a regular basis, I hope the message of recovery can expand beyond 16 miles. All these meetings are listed in the Macomb section of the Meeting list.

Next Macomb ASC meeting on August 9th, 2015 @ 10:30am

*Lake St. Clair Metropolitan Park, 16 Mile Rd. And Jefferson*

- **Area Meeting will be held before the Area Picnic at Metro park at 10:30am. This month only.**
- **The Help Line #is (248)543-7200**
- **Macomb county NA**
- **Area picnic**
- **Sunday, August 9, 2015**
- **12:00 pm to 6:00pm**
- **Lake St. Clair Metro park**
- **31300 Metro Parkway**
- **Harrison Township, MI 48045**
- **North Marina Picnic Shelter**
- **Activities will supply hamburgers, hotdogs, and drinks. Please bring a dish to pass.**
- **Music, Softball, Volleyball,**
- **Activities for the kids.**
- **Bring your lawn chairs, blankets, bathing suits, towels, and be ready to have a great day!!!!!!**

Word of the month from the Recovery Dictionary

Prudence: 1. Discretion in practical affairs 2. Knowing how to avoid embarrassment or distress.

Humility: 1. A disposition to be humble; a lack of false pride 2. A humble feeling 3. We have a realistic view of ourselves and our place in the world. (It works H&W) 4. A result of getting honest with ourselves (Basic Text) 5. Is the honest assessment of our strengths and weaknesses. 6. An acceptance of who we truly are—neither worse nor better than we believed we were when we were using, just human (Step working guide).

**From the Area**

- 12/43 GSR’s were in attendance last month’s Area business meeting.
- There are 43 meetings in Macomb county, and each meeting should have a GSR (Group Service Representative) to report to Area each month. Their call they can pick up flyers for their groups and take note of what is going on in our Area such as any upcoming events, meetings in need of support, things that need to be taken back to our groups to be voted on, etc.
- **Open Area positions: Literature Chair**
- This subcommittee consists of Chair and any NA member who wishes to carry the message of recovery within our literature. This subcommittee shall partake in the development and approval process of Narcotics Anonymous literature. Unannounced nonattendance of chairperson for two consecutive area meetings or relapse shall constitute trusted serving resignation.
- Nothing but hope is not homeless anymore. New location at Trinity Lutheran Church 8150 Chapp Warren MI 48089 Sundays 7pm.
- Closer to the heart still meets at Renaissance Unity on Fridays at 7pm and needs support.
- Just For Tuesday has babysitter available.
- Recovery Zone will be having a picnic August 14.
- Go tell it on the mountain could use some support.
- Other groups in need of support to help carry the message of recovery please come out and visit. Sunday night Candlelight, Serenity on Sunday, A new beginning, Monday night live, Spiritual Fire, Together we grow, Get a life, Get right on Wednesday, Steps by candlelight, White Flag, Please don’t use dammit, Gimme Shelter, New hope. Although these groups do not attend the Area meeting on a regular basis, I hope the message of recovery can expand beyond 16 miles. All these meetings are listed in the Macomb section of the Meeting list.

Next Macomb ASC meeting on August 9th, 2015 @ 10:30am

*Lake St. Clair Metropolitan Park, 16 Mile Rd. And Jefferson*

- **Area Meeting will be held before the Area Picnic at Metro park at 10:30am. This month only.**
- **The Help Line #is (248)543-7200**
- **Macomb county NA**
- **Area picnic**
- **Sunday, August 9, 2015**
- **12:00 pm to 6:00pm**
- **Lake St. Clair Metro park**
- **31300 Metro Parkway**
- **Harrison Township, MI 48045**
- **North Marina Picnic Shelter**
- **Activities will supply hamburgers, hotdogs, and drinks. Please bring a dish to pass.**
- **Music, Softball, Volleyball,**
- **Activities for the kids.**
- **Bring your lawn chairs, blankets, bathing suits, towels, and be ready to have a great day!!!!!!**

Word of the month from the Recovery Dictionary

Prudence: 1. Discretion in practical affairs 2. Knowing how to avoid embarrassment or distress.

Humility: 1. A disposition to be humble; a lack of false pride 2. A humble feeling 3. We have a realistic view of ourselves and our place in the world. (It works H&W) 4. A result of getting honest with ourselves (Basic Text) 5. Is the honest assessment of our strengths and weaknesses. 6. An acceptance of who we truly are—neither worse nor better than we believed we were when we were using, just human (Step working guide).
**From the Editor,**

Don’t forget to submit your Clean date Anniversaries! Along with any NA related flyers/or Announcements you would like in the newsletter. If you like to write, send me some of your stuff. Help carry the message of recovery!

Grateful to be of service,

~ Jocelyn D.

---

**Anniversaries**

<table>
<thead>
<tr>
<th>Name</th>
<th>Clean Date</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mary Jo B.</td>
<td>08-19-07</td>
<td>8 yrs</td>
</tr>
<tr>
<td>Mike B.</td>
<td>08-08-09</td>
<td>6 yrs</td>
</tr>
<tr>
<td>Mike G.</td>
<td>08-21-07</td>
<td>8 yrs</td>
</tr>
<tr>
<td>Hillary M.</td>
<td>08-10-14</td>
<td>1 Year</td>
</tr>
<tr>
<td>Miranda M.</td>
<td>08-04-14</td>
<td>1 Year</td>
</tr>
<tr>
<td>Sharon M.</td>
<td>08-09-88</td>
<td>27 yrs</td>
</tr>
<tr>
<td>Irv P.</td>
<td>08-15-08</td>
<td>7 yrs</td>
</tr>
<tr>
<td>Neal R.</td>
<td>08-12-12</td>
<td>3 yrs</td>
</tr>
<tr>
<td>Marty R.</td>
<td>08-11-00</td>
<td>15 yrs</td>
</tr>
<tr>
<td>Jon V.</td>
<td>08-28-13</td>
<td>2 yrs</td>
</tr>
</tbody>
</table>

---

**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

---

**Sub-Committees**

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>9 Policy– 9am</strong></td>
<td><strong>Henry Ford Macomb hospital Area Mtg-10:30am</strong></td>
<td><strong>10</strong></td>
<td><strong>11</strong></td>
<td><strong>12</strong></td>
<td><strong>13</strong></td>
<td><strong>14</strong></td>
</tr>
<tr>
<td><strong>16</strong></td>
<td><strong>17</strong></td>
<td><strong>18</strong></td>
<td><strong>19</strong></td>
<td><strong>20</strong></td>
<td><strong>21</strong></td>
<td><strong>22</strong></td>
</tr>
<tr>
<td><strong>23</strong></td>
<td><strong>24</strong></td>
<td><strong>25</strong></td>
<td><strong>26</strong></td>
<td><strong>27</strong></td>
<td><strong>28</strong></td>
<td><strong>29</strong></td>
</tr>
<tr>
<td><strong>30</strong></td>
<td><strong>31</strong></td>
<td><strong>1</strong></td>
<td><strong>2</strong></td>
<td><strong>4</strong></td>
<td><strong>5</strong></td>
<td><strong>6</strong></td>
</tr>
<tr>
<td><strong>7</strong></td>
<td><strong>8</strong></td>
<td><strong>9</strong></td>
<td><strong>10</strong></td>
<td><strong>11</strong></td>
<td><strong>12</strong></td>
<td><strong>13</strong></td>
</tr>
<tr>
<td><strong>14</strong></td>
<td><strong>15</strong></td>
<td><strong>16</strong></td>
<td><strong>17</strong></td>
<td><strong>18</strong></td>
<td><strong>19</strong></td>
<td><strong>20</strong></td>
</tr>
<tr>
<td><strong>21</strong></td>
<td><strong>22</strong></td>
<td><strong>23</strong></td>
<td><strong>24</strong></td>
<td><strong>25</strong></td>
<td><strong>26</strong></td>
<td><strong>27</strong></td>
</tr>
<tr>
<td><strong>28</strong></td>
<td><strong>29</strong></td>
<td><strong>30</strong></td>
<td><strong>31</strong></td>
<td><strong>1</strong></td>
<td><strong>2</strong></td>
<td><strong>3</strong></td>
</tr>
<tr>
<td><strong>4</strong></td>
<td><strong>5</strong></td>
<td><strong>6</strong></td>
<td><strong>7</strong></td>
<td><strong>8</strong></td>
<td><strong>9</strong></td>
<td><strong>10</strong></td>
</tr>
</tbody>
</table>

---

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**

---

NA Helpline: (248)543-7200 or toll free: 877-338-1188