I'm Karen and I have been clean 9 1/2 months. What a wonderful feeling that is! I had been isolating myself for 15 years. That was my life. Just sitting on the couch getting stoned and eating myself to death. I lost my friends and gained over a 100 lbs. Yikes! I was feeling bad. I knew I had to stop all of this, I was so tired of me. I wanted to change my life, but change is scary, but I made the calls to make this change I so desperately wanted. That's when I started therapy. I went there with a bad attitude. I told my therapist "good luck." After 2 visits she wanted me in group therapy. Oh my God! It was hard enough for me to get there once a week and now she wants me there twice a week? I reluctantly agreed. I started the next week and cried the first time. I quit everything else, but no, I had to get between the cracks. Slowly it got easier, I got to make friends with a woman who went to group therapy. She talked to me about Narcotics Anonymous. Ugh. N/A this and N/A that. She begged me to go with her. She would talk about how much better she feels and how these people were so wonderful and so inspiring, how they were her family and she loved them and received love back. You know what I thought? I thought how annoying she was and I didn't believe a word she said. To shut her up I finally gave in and met her at the N/A meeting. I hated it! I didn't like being around these strangers. I was so uncomfortable, this was not for me. I started thinking that I thought therapy wasn't for me and group wasn't for me either so I went back and she was right, these people are great and they became my friends too. I loved them and they loved me back. The unlovable me was loved. All these things that I thought I couldn't do, I realized that I could. I was so excited and proud of myself that I wanted to do more. I joined a gym and lost 88 lbs. I do things that scare me so I went to the movies by myself, twice. I went out to lunch alone. And finally, I registered for college. I started in August. N/A has provided me some of the most intense and intimate moments of human connection. Everyday I am blessed with observing and interacting with those reaching for wholeness and newness just like me. Through N/A I am finding a greater purpose in life that addiction never offered. I find courage in these words "when you are immune to the opinions and actions of others, you won't be the victim of needless suffering."

Karen F.
Sad news was brought to my door yesterday,
My dearest friend and sponsor passed away.
If you knew this good man you’d stop to say,
How many lives he touched every single day.
Bob had an uncanny ability to bring such joy,
Touching so many lives drugs tried to destroy.
Being around my friend I’d often hear him say,
Stop living in the past or the future, live in today.
As long as I don’t pick up the first one I’m Ok,
That’s what Bob and this program always say.
Thanks Bob for moving our hearts in such a way,
We’ll not forget you lived life “Just for Today.”

Rest In Peace

Mark P.

We never know when we’re going to lose a member of NA, either in addiction or in recovery, reality is we have to deal with the lose of some of our friends in the program and just keep coming back no matter what because at these meetings, we’re right where we’re supposed to be. -Anonymous

Dear Addy,

When is it politically correct to quit carrying your book and show a newcomer that this is how we do it? - Anonymous

I would say never! When Addy came into the program I was taught by my sponsor to always carry my book. It is the foundation of your recovery. If a building has no foundation then the building will collapse. - Addy

Can I save my face and my ass at the same time?
Anonymous

In the Basic Text 6th Edition under recovery and relapse page 86 it states “but we cannot save our face and our ass at the same time.” Nuff said.

-Addy

Shes a hooper not a doper

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.
MACNA V
Spaghetti Dinner Fundraiser
Saturday, October 24, 2015
4pm to 8pm
St. Marks Church, Roseville
(Gratiot & 11 Mile Rd.)
Cost: $10.00 Per Person with Advanced ticket $15.00 at the door. Open Speaker at 6:00pm. Auction, Basket Raffles, 50/50 Raffle
All proceeds from this fundraiser go to support the Macomb Area Convention. Please come out and support the convention and have some fun. For Advanced tickets or any questions contact Kathy M. at 586-569-1084 Or Lori M. 586-214-8722

There are still spots available for the Friday night talent show. Contact Kathy M. (586) 569-1084 or Lori M.(586)214-8722 if you want to be a part of the talent show.

“White Flag”
Thursdays at 9:30pm
Address: Macomb Alano Club
20900 Cass Ave, Clinton Twp.

“NEW HOPE”
Saturdays at 7pm
Address: Bethlehem Lutheran
Church 37000 Union Lake Rd. Harrison Twp.

“Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.”

Word of the month from the Recovery Dictionary

From the Area
12 GSR’s were in attendance at Area last month.
20 group reports received
The following meetings are requesting needed support: Closer to the heart-low attendance., Spiritual Connection-in need of willingness., Nothing But Hope-could use support., Lets get better together-low attendance, in need of a GSR., Just For Tuesday- needs service help., Go For It- located at new meeting place. Church of the Master, needs willingness for service., Get a life-needs service help., Friends in Recovery-Needs service help., Daily Maintenance-in need of members with solid recovery for sponsorship. No vaporization allowed in meetings, Coffee shop Recovery-low attendance.

RCM report: reports that inclusions for the Traditions book are due for submissions to the WSO. The Metro Detroit Region and the Mid-West Zonal Forum will be hosting a workshop Saturday, January 30, 2016 at 9am-6pm Conference Agenda Report (C.A.R) and Conference Approval Track (C.A.T) Sunday January 31, 2016 9am-2pm. The Mid-West Zonal Forum (MZF) will hold its business meeting at The Double Tree hotel 5801 Southfield Freeway Service Drive, Detroit, MI 48228.

Regional Open Positions: Co-Treasurer, Co-Secretary, Policy Coordinator, Co-Policy Coordinator.

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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.

MSO: MSO is in need of a Secretary and Treasurer. Please announce this need at meetings so members who meet requirements can fill needed positions.

Activities: Jennifer P. Reports: the Area Picnic cost a mere $32.00 thanks to support.

Administration: Gary C. Requests that groups please send GSR and group reports to area. The meetings who have no representative. Please support our ASC.

Hospitals & Institutions: Business meeting is located at Erin Presbyterian church at Common & Gratiot, the 4th Tuesday of each month at 6pm.

Newsletter: Jocelyn D. Reports-- Newsletter committee meets the last Thursday of each month at the Eastside alano club at 7pm. Newsletter is always in need of ideas, articles, poems, upcoming events, anniversary dates etc.

Outreach: Meeting start up at JOAK has been canceled. Serenity on Sunday is no longer meeting at Bethlehem Lutheran church. The trusted servants are trying to find another church in the same vicinity. Anyone with suggestions for relocation may call Jim B. at (248)573-9053. Also, at Bethlehem Lutheran church, Union Lake road/Metro Pkwy, Saturday 7pm the meeting New Hope is in dire need of support with trusted servants and regular meeting attendees. New meetings: Eastwood Clinic meeting 6902 Chicago Road, Warren (SHAR House)10am Saturday.
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, Please help me carry the message by sharing your own experience, strength, and hope on addiction and recovery, Send me your story, your story could help someone stay clean one more day.

Also, If you have an Anniversary coming up in November send it in now to:

MacombMiracles@yahoo.com

Thank you for allowing me to be of service,

~ Jocelyn D.

<table>
<thead>
<tr>
<th>Name</th>
<th>Clean Date</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dana B.</td>
<td>10-14-05</td>
<td>10 yrs</td>
</tr>
<tr>
<td>Johnny B.</td>
<td>10-15-08</td>
<td>7 yrs</td>
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<tr>
<td>Tim B</td>
<td>10-12-11</td>
<td>4 yrs</td>
</tr>
<tr>
<td>Mary B.</td>
<td>10-26-86</td>
<td>29 yrs</td>
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<td>Ron C.</td>
<td>10-26-87</td>
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<td>10-16-01</td>
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<td>5 yrs</td>
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</tr>
<tr>
<td>Andrea H.</td>
<td>10-03-09</td>
<td>6 yrs</td>
</tr>
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Name Clean Date Years
Tommy K. 04-25-14 18 mos
Ken M. 10-21-98 17 yrs
Sue M. 10-27-87 28 yrs
Theresa R. 10-31-13 2 yrs!
Ashley S. 10-12-13 2 yrs
Lindsey S. 10-28-14 1 Year!
Mellisa S. 10-05-13 2 yrs
Kathy S. 10-05-10 5 yrs
Dan W. 10-31-95 20 yrs

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366 daily meditations, one for everyday of the week

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