Happy New Year Family!! 2017! It is possible to celebrate and bring in the New Year without having to use any mind or mood altering substance! The best part of it is that we can remember the good time we had the night before! The rewards of this program!

If you would like to share your experience with staying clean in the new year or any experience you may have about how you got to where you’re at today, please share it with us! Would love to read it and it could help someone. I know from my own experience when I was new, reading the stories in these newsletters definitely helped me. You could do the same for someone else.

If you’ve already wrote something for us in the past, and would like to send in something else, that is absolutely okay. There is no limit on how much you can send in, & no clean time requirement to send something in. Everyone has a story and we need your experience, strength, & hope. Thank you Macomb County for allowing me to continue to be of service.

“Our Primary purpose is to carry the message to the addict who still suffers.”

Joeyhn D. Loves You!!!

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“ать First sponsors, who knows where my recovery process would be at. She showed me what is acceptable, and what is not. To not sell myself short, to find my value and worth, because better for me than the life I was living.

Next Area Meeting - Sunday February 12th @ 10am at the Eastside Alano Club.

And so my journey began. One foot in front of the other. One day at a time. Doings things on a daily basis that made me feel better about myself. Counting those days and picking up key tags...30...60...90. At 90 days I was sitting at a table with a woman I didn't know and said I wanted to start working the steps, and I needed a sponsor... And somehow, there was this woman...who said her Higher Power was sometimes Tim Horton...sometimes the tables...sometimes the woman in this program. And I asked her to be my sponsor, and shortly after formed a woman’s group with some amazing woman that are still in this program and living with honesty, open mindedness, and willingness.

My sponsor was the first woman I loved with honest intentions. She showed me how to live, literally. I could not have a conversation with my ex husband in the beginning, unless she told me what to say, because I was living in fear of this co dependent cycle with my ex husband in the beginning, unless she told me what to say, because I was living in fear of this co dependent cycle with my ex husband in the beginning, unless she told me what to say, because I was living in fear of this co dependent cycle.
Dear Addiction,

You know me well; you’ve held my hand through all of these years. You made me feel numb through all of the pain and suffering. You gave me food and a place to sleep, a place that you wanted me to eat and sleep at. You’ve took my family and friends from me. So in other words you a piece of frigging garbage. You have done nothing for me that was positive. You have ruined my life so badly; I have close to nothing because most of it has vanished. I will hate you till the day I die; I won’t let you control my life. You wanted me, you had me, but now I promise, to myself, I will do everything I can to make sure you never destroy my life, dreams, and goals again. Let me pick up the pieces that are left and put my life back together. Just shut the hell up and leave me the hell alone. I want a life, a family, my girlfriend, and my sanity back again. Without you, I have these things and without you I am fine and will be fine. I know you will always be waiting, sitting in the corner in the dark, ready to pounce on your most opportune moment. Because of NA, I am a survivor; I am and will forever be strong. No matter how cunning and deceiving you are, I have the tools and support and strength to let you go, and won’t look back. Screw you, and stay the hell away from my life, family, and future.

Goodbye no friend of mine,

Nick P.

Mini Fourth Step

I hate myself for hating you, when I reflect you back to you. When I believe your hatred, When I hate you.

When I treat me the way that you treat me. When I own my own hatred I can no longer blame you for being hateful. When I hate you I hate myself. How can I understand hatred? There is wisdom even in hatred.

I confront the humanity in us.

Harry K.