### March/April 2017

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Sun</td>
<td>Area Meeting: Eastside Alano Club (9 mile &amp; Hoover) @ 10:30am</td>
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<tr>
<td>Mon</td>
<td>13 Committee Mtg. at Eastside Alano Club 9mile rd &amp; Hoover.</td>
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<td>Wed</td>
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<td>Thu</td>
<td>28 Helpline sub-committee Mtg at Eastside Alano Club 9 mile rd</td>
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<td>Fri</td>
<td>17 Stay Clean</td>
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**Helpline**
- Toll Free: 877-7200
- Local: (248) 543-7200
- 24-hour support available.

**Area Meeting:**
- St. Margaret’s church 6pm.
- Alano club 9pm.
- Workshop: Saturday April 8th @ 10am at the Eastside Alano Club 10:30am
- “Work The Steps OR Die” Workshop: Saturday April 8th @ 10am at the Eastside Alano Club 9mile rd & Hoover.
- Helpline of service! Jocelyn D.

**Weekly Events:**
- Tuesday, Wednesday, Thursday: NA Merchandise – Check out the Michigan Service Office!
- Tuesday: H&I Committee Mtg – New location, St. Margaret’s church 6pm.
- Saturday: Work The Steps OR Die” Workshop: Saturday April 8th @ 10am at the Eastside Alano Club 10:30am
- Spring Dance – Elks club See Activities chair for more info

**Next Area Meeting – April 9th at the Eastside Alano Club 10:30am**

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**From The Editor...**

Hi family! I want to thank those who have contributed to our newsletter and I want to also thank everyone that reads the Macomb Miracles each month. It makes what I do all worth it. I am very thankful for the addicts who have the courage and willingness to share with us their experience, strength and hope in the newsletter. We need each other.

Please feel free to send in anything recovery related that you would be willing to share with us... Anything helps. Thank you for allowing me to be of service! Jocelyn D. -Newsletter Editor

Macombmiracles@yahoo.com

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**We all come to this place for different reasons. Perhaps the courts told you that you had to, your family threatened you, or your job depended on it. What truly makes us stay? It’s not the threat of jail, losing our families or jobs. Many of us didn’t care about that anymore. Many had already had that happen.**

My story is not as traumatic as many of yours. That does not make the pain any less painful or make it any less a journey. As I approach my 1 year anniversary, I have been spending a lot of time in reflection. The topic that seems to keep repeating itself is self-worth.

What is self-worth exactly? Do I value myself? What do I tie my self-worth to? The raw definition of self-worth is: “The sense of one’s own value or worth as a person”.

Before I even picked up a drug, I tied myself to keep repeating itself is self-worth. That does not make the pain any less painful and accepted me before truly knowing me, I learned how to completely love myself. I accepted myself, flaws and all. The good, the bad and the indifferent. I became worthy of the amazing things that living life, actually living, has to offer. I accepted the fact that I deserve love. I am valuable, not just to others, but most importantly to myself.

I still have my moments. You know the ones where I feel insignificant or unintelligent, or I binge eat candy for dinner and suddenly I feel the pit of shame in my stomach (or maybe that’s the candy) but I no longer connect that to my worthiness as a person. The power of positive self-talk is astounding. I may have to remind myself of my inner beauty, but I cannot allow the shame to overtake it.

I no longer live a life of existence. I enjoy the moment. I have so much gratitude for God, my sponsor, the program, my family, the list goes on and on. Thank you for guiding me on my journey and being a part of my second chance at life. I hold a place in my heart for each of you.

Elaina N.

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**Need help finding a meeting? Call the Na Helpline at (248)543-7200 or toll free: 877-338-1188**

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**We can only keep what we have by giving it away.** —MacombMiracles@yahoo.com
We will also like to ask for volunteer. This meeting needs Trusted Servants.

Meetings. Look forward to seeing speakers and facilitators to open your graduation, now take some motivation here comes the jubilation. the creation, so here's the estimation of your consolation, it's time for the explanation of the conversation, the daily affirmation, the affection, combination of dedication and desperation, that great feeling of elation being in the old location, exploitation, condemnation, complication, familiar vibration that comes with the temptation of the dumb sensation of translation, or the agitation of perpetual violation of probation, that abdication, the constant flirtation with all the hesitation, the lack of How does it feel with the isolation, the rationalization, the constant between Vandyke & Hoover. To get a

to be an NA member, no model of the recovering addict. something greater than ourselves, and it changes us. There is no single way NA membership creates connection and belonging. We are a part of we are. go of our defects, secrets, and resentments. We make amends and clean up after ourselves so we don't have to drag our shame and fear around anymore. Because our membership in NA is secure, we feel free to be honest about who we are. NA membership creates connection and belonging. We are a part of something greater than ourselves, and it changes us. There is no single way to be an NA member, no model of the recovering addict. The most powerful message we carry is the simple truth of our experience. Our real value is in being ourselves. We are the message of hope.

The First Question is “how does it feel with the addiction?” And I think you described it very well, it is like every aspect of the disease is in the words office, the act or occasion of crowning; also: accession to the highest

Support Needed

Weekly Dinner Meeting – 7am

Early Rizers

Henry Ford Macomb Facility
Bayley Room B.
215 North Avenue
Mount Clemens, MI 48043

New Meeting Wednesdays @ 7am

11200 E. 11 Mile Road
Between Vandyke & Hoover
Renaissance Unity Church
Any Addict is welcome!

This meeting needs Trusted Servants
We will also like to ask for volunteer speakers and facilitators to open meetings. Look forward to seeing everyone soon!

Dear Addy,

How does it feel with the isolation, the rationalization, the constant position of your status, the dumb justification, don't forget the factor of nothingness, the constant dilution in the darkness, the lack of concentration, the none stop rehab orientation, all the stuff that is lost in translation, or the agitational perpetual violation of prohibition, that familiar vibration that comes with the temptation of the dumb sensation of being in the old location, exploitation, condemnation, complication, provocation, how about the suffocation, the familiar institutionalization. So you feel the frustration, what if I talk about foundation, or a combination of dedication and desperation, that great feeling of elation that comes from incitement of inspiration, now it is time for illustration of the explanation of the conversation, the daily affirmation, the affection, the creation, so here's the estimation of your consolation, it's time for your graduation, now take some motivation here comes the jubilation. Why not sit back surrender and enjoy your coronation?

Matthew S.

Guiding Principles

The Spirit of our Traditions

Held in cooperation with the Macomb Miracles Newsletter, Recovery related Articles, your story, recovery related questions for Dear Addy. Coming up on a anniversary?

All together though, we can conquer it all. "Oh hey, mom. Would you look at this." It's another meeting, that I will not miss. Look around as I hear the people share, All eyes on him, I see nothing but care. Half of the table down, now it's my turn, Thoughts that cross my brain, I just feel the burn. I keep it all in sometimes and feel unstable, I slip through the crowd to my seat, Oh so fast, that I can not be beat.

Thank you for the expansion of the mind…..

And you understand that this material may be edited or reprinted in other NA journals. Each item will be checked and edited i

If you would like to submit an item, Make sure that it is N.A or recovery related, up to 2500 words or less. Anonymity is str

To get a “Just For Today” Daily Meditation sent to your Email or phone everyday just type in “just for today”! 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.