Happy Summer everyone!

The newsletter had a great month! After area last month I received a few submissions from some of you and that helped out A LOT! So for those who have sent something in and the first submissions I receive always get put in we need it! Thank you for allowing me to be of service.

Angry is pretty easy to grasp, for most of us. We read about it in the Informational Pamphlet entitled “The Triangle of Self-Obsession” And yes, even “Normal” people can and do get angry from time to time. But for us, we have a tendency to dwell in the doom and gloom of things. Getting angry is very much a part of being human. But if it’s on an ongoing basis, we have another problem. Getting angry is very much a part of being human.

But if it’s on an ongoing basis, we have another problem. Getting angry is very much a part of being human. What about “Lonely.” Are we talking about relationships? Or lack of them? Possibly. After all, who wants to be alone, right? But there is another type of lonely that can become the ruin of many addicts. That is the type of lonely where we no longer feel a part of N.A. It is often played out by us in a fashion something like this: “No one REALLY cares about me.” or how about “I’m really not an Addict like you...” or “I just don’t feel like I belong in the meetings anymore” Remember there is a fine line between going from being lonely in Narcotics Anonymous to isolation having set in. At times like this it becomes vital to practice the basics all over again. It becomes imperative to get back to feeling “A part of.” Another “ninety meetings in ninety days” commitment will help you get back on track. A renewed desire to practicing the 12 steps. Calling your Sponsor on a very regular basis as well as other members in recovery will also help. Most importantly is to “NOT GO IT ALONE” or our old saying “An addict alone, is in bad company” will become a harsh reality for us!

“Tired.” Again, it would seem logical that Narcotics Anonymous would endorse us getting proper amounts of rest. And that this would greatly benefit our lifestyle of living clean. So then if that’s not the real gist of “tired” as it relates to us in the H.A.L.T.S., what could it be? How about being too tired of recovery and doing what it takes to “maintain” that recovery. Have you ever experienced the old “I’ve heard everyone’s story before, this is getting boring!” or how about “I don’t NEED to go to a meeting tonight”, “I’m done with service” or “I can just stay clean and that’s good enough, I don’t have to work any steps” These are all things, that begin to justify you no longer participating in the N.A. Way of Life. We try again to do it our way, one more time. Forgetting that our way has NEVER worked.

Happy Summer everyone!

The newsletter had a great month! After area last month I received a few submissions from some of you and that helped out A LOT! So for those who sent something in to share, we thank you!! Keep em coming! And for those who haven’t sent something in, what are you waiting for??

So the way I do this is like first come, first served, the first submissions I receive always get put in first, so for those who have sent something in and have not seen it in the newsletter yet, don’t worry, I didn’t forget ya. Be patient. If for some reason I choose not to use something I will contact the person who sent it and let them know. But that hardly ever happens. So send your stuff in because we need it! Thank you for allowing me to be of service.

Love Jocelyn D.
The HALTS

We tell ourselves that take over. This is why it should come as no surprise that we get this tool, have become devoid of any kind of spiritual integrity you may have had.

During our recovery have found ourselves laying in bed at the end of the night, unable to get to sleep? It begins to drain you of all your energy. Particularly when we become aware that these things are beginning to part from our seriousness, is to practice staying in just For Today. After all, it is in fact, a lifestyle for us and not just a cliché'.

Accept the things I cannot change. It is amazing what acceptance comes through. We have to learn to accept the things that we cannot change. Truth is, if we did not accept the things we cannot change, we would be driven mad.

It’s amazing what acceptance wrought.
So many times I should’ve left.
So many of the lies I’ve bought.
Of answers was I oft bereft.
I thought it made me free of pain.
I took for granted choice and hope.
I should have stayed.
I think myself so brave and bold
And clearly see the ironies
Of answers was I oft bereft
So many times I should
Wrought.

I fight against reality
Is path I claim to try to walk
My mind off fights serenity
When personality takes hold
And situations overwhelm
I think myself so brave and bold
To push my God off of the helm
Why is it hard for me to view
And clearly see the ironies
At my best I do struggle
To flip the script on my disease
I would surrender to the drug
To everything so bad and strange
Why should it be so hard to
Accept the things I cannot change?

Justin C.

Send your story to MacombMiracles@yahoo.com

Get the Macomb Miracles newsletter sent directly to you by sending an email to Macombmiracles@yahoo.com with the word "subscribe" as your subject.

The Winning Logo for MACNA Convention VII
November 10th-12th 2017

Next MACNA Committee Meeting
July 2nd @ Wyndham Garden Hotel 6pm
3491 Vandyke, Sterling Heights, MI 48312

The life we save might be our own.

-Joshua L. for MSO Chair

An anonymous member writes:

"An NA group ought never endorse, fund, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose."

In Step Six, the Basic Text reminds us, "Being human we will wander off course."

We don’t always notice when we’re wandering. This is the great challenge for many of us in practicing meditation, or even sitting in a meeting. Just staying in our seat without checking our phone or creating side conversation can be surprisingly difficult, especially when we are having feelings we’d rather avoid.

Tradition Six suggests that the things that divert us are mostly those we use to feed self-obsession. When we let go of the illusion that things outside ourselves will fill that empty place inside, we can stop disturbing tools into weapons we turn on ourselves.

The better we get at staying present with the things that truly matter to us, the more able we are to understand our Higher Power’s will for us and find the power to carry that out. One way to start is to recognize that the newcomer really matters to us, and that it’s up to us to ensure that the message comes through.

When we resist the impulse to get diverted, to wander off course, we are present for the miracle. The life we save might be our own.

-Joshua L. for MSO Chair