Earlier this month I found myself examining the reasons that have caused me to fall into a downward spiraling pit of self-destruction and denial. For almost a year I have been pulling away from emotional attachments to the program and fellowship. Last year I went through an ordeal that was of peak interest to some fellow addicts. Not everyone was a part of the gossip that followed but a few people that I held in high regard became involved in the “assumptions” game. Perhaps this is an excuse for my behavior but at the time it seemed like a good reason to turn my back on the program.

Upon talking to a dear friend of mine it was pointed out that I was headed down a lonely, dangerous path (missing meetings, avoiding phone calls, abandoning service positions, etc.) So I put my feet back in the program but my head and heart were far behind. I went back to my home group sporadically but sat in silence stewing in my misery. Then during the summertime, a person whom I had respected made a distasteful and disfavoring comment about my original situation.

Instead of accepting the apology that followed, I formed a resentment not only for the person but for my home group too. In my head my “safe place,” was no longer safe. Again I detached but to a greater degree. My home group attendance became even more sporadic and when I was there I retreated so deeply into myself I could barely remember the topic or who else was there.

My home life was okay until I formed a few friendships with people outside the fellowship. The people are great people but they smoke marijuana and when they lit up I didn’t go home. It was fine at first but eventually I wanted to use again. I tried to rationalize by going through an “identity crisis.” By this I mean that I tried to find all the reasons that I was never an addict in the first place, just so I could use again.

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A Step Poem

I took Step One, began to mean
I can’t do this on my own.
I took Step Two began to pray
Restore me God, please, now, today.
I took Step Three, gave up my will
Maybe God could love me still.
I took a Fourth, I looked inside
Nothing more would I hide.
And on the Fifth, I said aloud
I’ve done some wrong, and I’m not proud.
I took Step Six, and got prepared
To lose the defects, I was scarred.
Now I’m at Seven, take them away
My God, for this I do pray.
And on Eight, the list was long
Amends to make for all the wrongs.
I took Step Nine, put down my pride
Amends made, I will not hide.
Step Ten I take, each day I pray
I make amends along the way.
And on Eleven I pray to know
Each day His Will, which way to go.
I take Step Twelve, I’m like a bird
To others now, I spread the word…
Anonymous

Simplicity Is the Key

If you don’t have a breakdown, you’ll have a breakthrough.
-Anonymous

Good Morning Recovery Group
*Picnic*

August 16th at Huron Park
NA Meeting will be at the park that morning at 11am & Picnic to follow.

Remember to BOOK A ROOM! You can register anytime (586) 979-1400 connects to the Front Desk of the hotel Wyndham Garden Inn 15 & Van Dyke
This year if you book under MACNA you will get passes for the Water Park their. So be sure to mention MACNA when you call to register!

From The Area

Next MACNA Committee Meeting
September 3rd @ Wyndham Garden Hotel 6pm
34911 Vandyke, Sterling Heights, MI 48312

Guiding Principles

Narcotics Anonymous is a Fellowship of people for whom drugs had become a major problem. We are recovering addicts who meet regularly to stay clean. How often have we heard these words, or something like them? At every meeting we are reminded that we come together to share our experience, strength, and hope. We don’t need anything more than that to help each other.

Addiction is a deadly disease. We don’t always see our struggle clearly when we are in it, but when we are clean and watch another addict in the grips, it’s heartbreaking. We want so badly for them to get clean, but we may not feel qualified to help. In Narcotics Anonymous, we believe that no one is better qualified to help an addict than another addict in recovery. We share with each other our experience, in addiction and the steps we took—and continue to—experience freedom.

Each of us has something to offer. We don’t need specialized training to carry the message; all we need to do is pay attention. We give what was so freely given to us. When we share what is in our heart, even when we are in great pain, we connect. The simple, priceless gift we give each other is the recognition of our humanity.

We can’t buy our way out of addiction, and we can’t sell it either. Recovery is a gift, given freely, passed from hand to hand and heart to heart. Sharing our recovery restores our faith and gratitude. Seeing that we are not alone frees us from the isolation and alienation of addiction.

Narcotics Anonymous remains forever nonprofessional because we give is beyond words, beyond measure. The very best we can give is ourselves—we give freely, and what we give is hope.

-Guiding Principles

GSR count and quorum: Quorum was met we had 9 Group Service Reps in attendance.
Introduction of new GSR’s are as follows: We welcome Roland of It Works.

Administration Reports:
RCM: Absent
MSO: Absent
Activities: Absent
Convention: None
Helpline: Verbal report, in need of helpline volunteers; new system is working, no written report given.

HiJ: Melinda M. reported woman’s Shar Macomb needs volunteers approval process for MCI occurs twice per year.
Requirements are 2 years clean with two years off paper.
Literature: No written report given

Newsletter: Jocelyn D. Absent with a note. Franke L. had the newsletters printed and was to distribute them per agreement on July 9,2017. (Thanks Franke!)
Policy: No report given
Public Relations: F.A.N to have a booth for a public event.
Outreach: Open Position*
Web Servant: None.
Old Business: MDRCA no updates regarding the guidelines for all groups.
New Business: Submit budgets, some given and will be included with the minutes this month. Requests for nominations for open chairs of the following sub committees: Scott R. nominated for Outreach, and others as posted.

Treasurers Balance: ASC: $700; Expenses: $369; ASC is below the prudent reserve of $825, therefore, we will not commit to the current balance.

Guiding Principles

8thTradition

If you would like to submit an item, make sure that it is NA or recovery related. Anonymity is strongly advised (see for 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 further understand that this material may be edited or reprinted in other NA journals. Each item will be checked and edited if needed and only the final version will be reprinted. All items are due by August 30th, 2017.

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If you want to send in a recovery related question for our Dear Addy section please send it to: macandearaddy@gmail.com. We are looking for NA news, upcoming events, poetry, your story, your own poem, artwork, recovery related questions for “Dear Addy” and anything else you think may be suitable for our newsletter. There is no requirement to send in your experience, strength, and hope.

Next ASC Meeting: September 10th, 2017 @ 10:30am at the Eastside Alano Club.