Another friend or acquaintance dies and the response is shock, anger, sadness, and maybe even denial. How could this happen? I just saw them at a meeting! They had XX amount of years clean, why would they do this? They had children, friends, a sponsor, sponsees. They did service work, they were connected....

Some people get used to people dying...they become “jaded”. They are just so numb from the constant death, that it becomes “the norm”. Others get a new found sense of purpose and desire to help others learn how to live.

How can we do this? Which road will you chose?

The first thing for us addicts to remember is to not pick up that first drug, no matter what. Call people you trust to lead you in the right direction. Sponsors, the men or women that don’t co-sign your bullshit. Get to a meeting and talk, not only about the problem, but ask for the solution. PRAY for a solution. Even if you don’t believe in God, I do, because He is real. He works if you just ask Him to enter your life. “Take my will, take my life. Guide me in my recovery and show me how to live”. 3rd step prayer.

I’m used to death and grieving. I’m a hospice nurse who witnesses death every day, multiple times a day. I tell my families about the five stages of the grieving process, and how someday it will hurt less. I’m good at talking people off a ledge and helping in a crisis. If you need to get off the ledge, call someone in recovery. Call me. You are Never Alone.

Rainy Ell

‘As for grief,’ you’ll find it comes in waves. When the ship is first wrecked, you’re drowning, with wreckage all around you. Everything floating around you reminds you of the beauty and the magnificence of the ship that was, and is no more. And all you can do is float. You find some piece of the wreckage and you hang on for a while. Maybe it’s some physical thing. Maybe it’s a happy memory or a photograph. Maybe it’s a person who is also floating. For a while, all you can do is float. Stay alive.

In the beginning, the waves are 100 feet tall and crash over you without mercy. They come 10 seconds apart and don’t even give you time to catch your breath. All you can do is hang on and float. After a while, maybe weeks, maybe months, you’ll find the waves are still 100 feet tall, but they come further apart. When they come, they still crash all over you and wipe you out. But in between, you can breathe, you can function. You never know what’s going to trigger the grief. It might be a song, a picture, a street intersection, the smell of a cup of coffee. It can be just about anything...and the wave comes crashing. But in between waves, there is life.

Somewhere down the line, and it’s different for everybody, you find that the waves are only 80 feet tall. Or 50 feet tall. And while they still come, they come further apart. You can see them coming. An anniversary, a birthday, or Christmas, or landing at O’Hare. You can see it coming, for the most part, and prepare yourself. And when it washes over you, you know that somehow you will, again, come out the other side. Soaking wet, spluttering, still hanging on to some tiny piece of the wreckage, but you’ll come out. Take it from an old guy. The waves never stop coming, and somehow you don’t really want them to. But you learn that you’ll survive them. And other waves will come. And you’ll survive them too. If you’re lucky, you’ll have lots of scars from lots of loves. And lots of shipwrecks.

Rainy Ell

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**NAME** | **CLEAN** | **DAYS**
---|---|---
Amber B. | 11-02-2016 | 1 Year
Mary B. | 11-02-2016 | 1 Year
Rebecca F. | 11-28-2014 | 3 Years
Danny H. | 11-20-2006 | 11 Years
Lauren M. | 11-14-2013 | 4 Years
Kimberly M. | 05-20-2016 | 18 mos.
Matthew M. | 05-11-2016 | 18 mos.
Jennifer P. | 11-18-2011 | 6 Years
Lisa S. | 11-10-2016 | 1 Year

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Need help finding a meeting, or just need to talk to another addict in recovery? Call the NA Helping at (248)543-7280 Toll free: 877-338-1188 Michigan Region: 800-230-4085

* Check out the MSO *
Michigan Service Office
726 Livernois Ferndale, MI 48220  248-338-5443  2010
M.S.O Hours: Tue,Wed,Thu, 10am-6pm and Saturday, 10am-4pm
NA Merchandise
Gifts, Books, book covers, Shirts, Jewelry, Medallions and so much more!!

Rainy Ell

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The Committee did a great job as they do every year! The Convention did a great job as they do getting it together. Every month I’m looking for putting it together. Every month I’m looking for fresh faces, new names, fresh ideas, fresh approaches, fresh ways to keep recovery. You do not need to be clean for a certain amount of time to contribute to this newsletter. You do not need to be clean for a certain amount of time to contribute to this newsletter. If you just want to put your name in the newsletter so I need your name and last initial to your submission, or you can remain anonymous if you like. Your choice.

I am Macomb Miracle’s newsletter editor, my name is Jocelyn D. and I’m a grateful recovering addict in recovery. You can add your name and last initial to your submission, or you can remain anonymous if you like. Your choice.

I am Macomb Miracle’s newsletter editor, my name is Jocelyn D. and I’m a grateful recovering addict in recovery. Please send all submissions to Macombmiracles@yahoo.com

Thank you for allowing me to be of service.

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**From The Editor**

I want to thank the Convention Committee for putting on another successful MACNA! The Convention was a beautiful experience. If you haven’t experienced it, make sure you go next year! The Committee did a great job as they do every year. Thanks guys!

Are you looking to do some service work? Why not write an article about your journey in recovery. You do not need to be clean for a certain amount of time to contribute to this newsletter. This is a MacNA newsletter so I need you to help putting it together. Every month I’m looking for fresh articles, poems, Artwork, recovery related Questions for the Dear Addy section. Upcoming MACNA events. Meeting info, your opinion, or a favorite recovery quote. You can add your name and last initial to your submission, or you can remain anonymous if you like. Your choice.

I am Macomb Miracle’s newsletter editor, my name is Jocelyn D. and I’m a grateful recovering addict. Please send all submissions to Macombmiracles@yahoo.com

Thank you for allowing me to be of service.
Dear Addy,

Our literature says it is the responsibility of the group to help the newcomer find a sponsor. How can we put this into action at meetings? — Anonymous.

The Basic Text does state “Sponsorship for newcomers is also the responsibility of the group. It is implied and informal in it’s approach, but it is the heart of the NA way of recovery from addiction-one addict helping another.”


In IP#11 Sponsorship Revised it states:

“The best place to look for a sponsor is at an NA meeting. Other places to seek a sponsor are NA events, such as service meetings and conventions.”

I have seen groups create lists of members that wish to be temporary sponsors. If a newcomer selects their sponsor, The secretary would announce that the group has a list of temporary sponsors and if you are a newcomer and want to get a temporary sponsor then see them after the meeting.

In the Group Booklet Revised it states under What is an NA group?

“As a group, their single goal is to carry the message of recovery to the addict who still suffers.”

“NA meetings are events at which addicts share with one another their experience in recovery and in the application of the Twelve Steps. While many—if not most—NA meetings are in fact hosted by an NA group, other NA meetings occur all the time: informally among friends, at large area or regional speaker meetings, at conventions, in schools, institutions, and so forth. The NA group is an entity; the NA meeting is an event; and NA meetings may be held without the sponsorship of an NA group.”

With all that said, it is stated that we help newcomers recover through the application of the twelve steps, and assisting with getting a sponsor would help to make the newcomer do that. but it also states from IP#11:

“To get a sponsor, all we need to do is ask.”

Addy-

Shes a Hoper Not a doper

Dear Hillary,

I’m upset I’m out of town and can’t go to your funeral to properly say goodbye to you. I’m sad I just said goodbye to a friend last week. I’m mad another friend of a friend left right after you...and then three more. I’m fearful that more will pass. I’m disturbed because I’m side of watching loved ones leave us won’t get the chance to spend more time together. I’m frustrated because I can’t make it stop. I’m irritated that I’m getting desensitized to it. I’m angry that there’s still so much stigma and misinformation around the disease of addiction that many aren’t seeking the help they need. I’m disgusted that some people still see us as “just junkies” and don’t realize we’re human beings with an illness. I’m encouraged because slowly things are changing. I’m optimistic because until you no longer could, you always came back to NA, and maybe others who’ve gone back out will too...and stay. I’m inspired, because I see people collecting multiple year key tags, living happy, joyous, and free. I’m hopeful that the loss of you inspires at least one person to seek recovery. I’m grateful because I made it to recovery, and so far I’ve stayed. I’m happy because I see many lives improving, just for today, I will stay clean. I hope any addict who reads this does too. Goodbye Justin, catch you on the flip side.

Hillary H.

Dear Addy,

We sadly say goodbye to all of our friends who were unable to get and keep recovery in their lives. There is a very powerful message in their passing, and that message speaks to each one of us differently. Although the event of their passing is always the same, A person who once lived no longer lives.

The message we receive from their passing is as divergent as we are. Often the message we receive is a mixed message of both love and hatred. We often love those who left us, and hate the fact that they’re gone. We do our best to carry on, but feel these losses differently. None the less, it hurts us all when an addict passes, yet we gain strength from these tragic moments.

Yes, we try to honor those who touched our lives, and denigrate those who had a negative impact. The reality is that they were a person who was in pain and turmoil. There was a time when each of us thought we had found the answer, drugs, only to find the answer more perplexing than the original problem. Some of us stay, grow and, in time learn how to face every situation. Some of us are so badly damaged that we only allow so much growth, hide from ourselves and our friends, pick up again, and seem unwilling or unable to grasp the simple concept that we helped others to grasp. With love for our fellow man, we hide the self-loathing behind anything we feel will suffice for the moment. All too often, reality doesn’t set in until death is inevitable and swiftly overtaking us. –Anonymous

For Those We Have Lost

We wish to be temporary sponsors until the newcomers message speaks to each one of us differently. Although the event of their passing is always the same, A person who once lived no longer lives.

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As our thinking becomes clearer, our ability to be honest increases. Honesty begins with not lying, but what’s not written isn’t always true. We don’t have to argue about practices or politics. Recovery is evidence rather based in theory, it is our own experience. The better we get at telling the truth, the clearer our message becomes.

We know that anything that affects our recovery is material for sharing, but finding the message in the raw material of our lives can be challenging. When we share at meetings, it helps us look for a connection to the topic, to a Step, a Tradition, or a Guiding Principle. Sharing can help us look for solutions, which is part of how sharing helps us. Finding the message in our experience helps us to understand its exact nature.

We experience unity when we hear our story from a member who seems so different from us. Our shared experience as recovering addicts is stronger than any of the forces that could divide us. That connection is the heartbeat of NA, and evidence of a Higher Power working in our meetings.

Our experience, strength, and hope carry a clearer message than our opinions ever could. We start to recognize from the heart connects us to our common experience and common purpose.

Guiding Principles The Spirit of our Traditions

Do you have any questions about recovery that you would like answered?

Just send your question to Mcanadearaddy@gmail.com

and Addy will have an answer for you the following month.

Friday Nights At Sedgewick

Northwest Corner of E 9th & W 1st

11th Month

Byline

Guiding Principles The spirit of our Traditions

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Guiding Principles The Spirit of our Traditions

Would you like your upcoming anniversary published in the Macomb Miracles? If so, Send an email to Macombmiracles@yahoo.com with your clean date, month, day, and year and we’ll make sure it gets in the appropriate issue.

To get a “Just Epr Today” Daily Meditation sent to your email or phone everyday just use the link shown on the bottom of this page. Then click this site and sign up! Just that easy!

Then click on “service to members” Then click “Just for today subscriptions”

366 daily meditations, one for everyday of the week.

If you would like to submit an item, make sure that it is NA or recovery related. Anonymity is strongly advised (as far as names). By sending in any submissions you hereby grant permission to Macomb Miracles, their successors, assignees and those acting on their behalf to publish the attached original material sent to Macomb Miracles and you understand that if material is material is received or reprinted in other NA journals. Each item will be checked and edited by the Macomb Miracles Editor. You can submit an item to Macombmiracles@yahoo.com or contact the editor Jocelyn D. at 586)394-8647. If you want to send in a recovery related question for our Dear Addy section please send to mcanadearaddy@gmail.com We are looking for NA news, upcoming events, poetry, your story, your opinion, 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.

Newsletter Editor Jocelyn D.