This message is for everyone. It is something of us have become numb to in some form, because it happens so often. For some, the loss is so much to bear, it takes us over to old destructive patterns. Ripping and running, just trying to get one more. Then there is myself. As tragic as any other, it has left me with a fire under my ass, the will to want to live and to show another addict that dealing with death in recovery is possible. It was the most difficult thing I have ever had to do. This has been one of the most difficult things I’ve had to deal with. Some days it’s hard to breathe. Some days I feel as if I am driving on the wrong side of the road. As if my life is being narrated because the voices in my head become so loud. You forget to eat, you can’t sleep and when you do, it feels disturbed. It is the grim uncomfortable feeling in the world.

I will touch on a few points of the person I have lost. We met in the rooms of NA. He was a large and full of life. Clever, insanely intelligent. He was one of the funniest people I have ever met and connected with. He was a poet. He could use his words as if they were a magical silk ribbon, caressing every ounce of your longing soul. He loved to help others and give them a message of hope when they were feeling down. He was the light for a lot of people. We lose people like this daily. It’s a sad reality but it is inevitable. Whether it’s to the disease, old age, or a freak accident, you will face this in your recovery. At that time will it be the moment that you take all of those things you learned, all the things you could get past being, the phone number you have collected, the spiritual principles you have gained and you put them to work. Humble yourself. You are no longer at practice.

When I got news of my loved one’s passing I was in shock, I didn’t cry right away. I was in a panic. My head ran with the racing thoughts. I asked for help. It can be difficult but it is ultimately up to us. If I struggled to get back up I would pray for the willingness. Then call someone to help unscramble my thought process. Some days when I was driving I wanted to pull the easy and its true. Life is going to happen. Things get overwhelming. We all take on too much, we financially get behind, our cars break down, we break trust, we make old mistakes because we can’t get out of our way. People die. There is so much Pts Ej come to realize that even though those things happen, there is a message through all of it. The hard work and not the easy. Even if you don’t have to pick up, it will fix nothing. Further more, I’ve never felt more connected with my higher power then I do right now. When my loved one left, many parts of me were broken and lost. I miss him every day. I allow myself to be open spiritually and be grateful for all of the things he has taught me. I hold to that. I’ve become more loving, understanding, empathetic, spiritually driven and hold my life more precious. Meetings keep me busy and from isolating. I didn’t just do one of those things, I did them all. I didn’t want to give my brain a second to entertain any sort of using thoughts. It scared me. In moments after, I allowed myself to feel my feelings. To be still, cry, scream, cry some more. Accept that the grief was going to be there for a while. If I struggled to get back up I would pray for the willingness. Then call someone to help unscramble my thought process. I asked for help. It can be difficult but it is ultimately up to us. In the moments where I couldn’t do for myself I had my recovery family calling me. This is where WE in the program saved ME. I was in a dark place. The thoughts of wanting to use arrived. I expected it to be honest. I constantly felt like I was searching for something I had no control over. I took my feeling to the tables, I was brutally honest about my thought process. Some days when I was driving I wanted to pull the

MATCUM MIRACLES

Newsletter of the Macomb County Area of Narcotics Anonymous

Staying Clean Through Our Losses

Volume 19 Issue 3

March 2019

MARCH ANNIVERSARIES

NAME
Andrew D. 03-25-2017 2 Years
Doug H. 03-06-1989 30 Years
Michael P. 03-28-2008 11 Years
Christine K. 03-21-1992 27 Years
Kim K. 03-31-1994 25 Years
Christine S. 03-07-2017 2 Years

CLEAN DATE

YEARS

2

30

11

27

25

2

This is a simple listing of the people who have been with us for a few years. It is not a list of all the people who have been here. It is a list of the people who have stayed with us through the hard times. It is a list of the people who have never given up. It is a list of the people who have never given in.

To get a “Just For Today” Daily Meditation sent to your Email or phone everyday just go to this site and sign up! Just that easy! Go to NA.org Click on “service to others” Then click on “Now for today subscriptions” 366 daily meditations, one for everyday of the week.

Would you like your clean date added to this list?

If so, Send an email to: MacombMiracles@yahoo.com with your clean date, (month, day, and the year you got clean) and we’ll make sure it gets in the appropriate issue.
Monday March 11th at 8:00pm

MACNA IX
Theme and Logo Contest
Do you have an idea for this year’s convention?

Turn in your theme and logo ideas by April 6th.

Winner receives a free registration!

Turn in submissions to the committee member:

Carl K., Maria L., Bobby R., Alecia S., Britt S., Danny H., Jil S., Marty K., Heather M., Stacy K., Chris S., Pam K., Jeanne R.

Safe Haven Spring Retreat
April 19 & 20, 2019
Registration $10 Friday night BBQ $5, Saturday night buffet $10
Marygrove college Madame Cadillac Bldg. 8425 W. McNichols Rd.

For more info: Lavin 313.914.8156; Lois I. 313.221.3741; Carmen J. 248.416.6296; Rose B. 248.818.6550; Bobby M. 248.991.2438; Nikki J. 313.622.4739

St. Patrick Party
Come join the fun!!

Saturday March 16th at 7pm
Corned Beef/Cabbage/ Potatoes
(Sign up at counter for food contributions)

Chris DJ/ Dancing
50/50 Raffle
$5 Donations always Appreciated

If you would like to submit an item, make sure that it is NA or recovery related. Anonymity is strongly advised (as far as naming things). 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 sent to Macomb Miracles and you understand that this material may be edited or reprinted in other NA journals. Each item will be checked and edited for accuracy. You are also required to indicate who you are sending the item to or if you have any questions or concerns, please contact us at MacombMiracles@yahoo.com. We are looking for NA news, upcoming events, poetry, your story, your opinion, artwork, recovery related questions for “Dear Addy” section, and anything else you think may be suitable for our newsletter. There is no requirement to send in your experience, strength, and hope. With Loving Service your Newsletter Chair, Jocelyn D.

Send info to Macombmiracles@yahoo.com & we will make sure to announce it in our next issue.

If your homegroup is in need of support or has open service positions, please let us know! Send us an email with the meeting information… location, day & time, and open service positions. Send info to Macombmiracles@yahoo.com & we will make sure to announce it in our next issue.

If you are looking for NA news, upcoming events, poetry, your story, your opinion, artwork, recovery related questions for “Dear Addy” section, and anything else you think may be suitable for our newsletter. There is no requirement to send in your experience, strength, and hope. With Loving Service your Newsletter Chair, Jocelyn D.