Abstinence and recovery

- Narcotics Anonymous encourages its members to observe complete abstinence from all drugs, including alcohol
  - It is our experience that complete and continuous abstinence from all drugs is the best foundation for recovery and personal growth
- We have found that the therapeutic value of one addict helping another is without parallel
  - This is primarily achieved through regular meetings

If you would like to submit an item, make sure that it is NA or recovery related. Anonymity is strongly advised (as far as NA names go). By sending in any submissions you hereby grant permission to Macomb Miracles, their successors, assigns and those acting on their behalf authority to publish it. If you would like to submit an item, make sure that it is NA or recovery related. Anonymity is strongly advised (as far as NA names go). By sending in any submissions you hereby grant permission to Macomb Miracles, their successors, assigns and those acting on their behalf authority to publish it.

Secondly, my name is Jocelyn and I’m an addict. Happy May! I am so grateful that even in a time like this, we can come together and continue to hold NA meetings. By any means right? We were getting high by any means necessary, in recovery we can do the same. We can stay clean and stay connected by any means necessary. I am so grateful to be a part of this huge family we have in NA.

I am an introvert. I was always the kind of person that would rather stay home, stay to myself. So I figured this quarantine wouldn’t be too bad for me. I was wrong lol.

I miss the outside world! I miss when everything was open. I never thought I’d say this but I actually miss going in to work!

This stay at home order has been rough. Staying home everyday all day with the kids and their dad, with both of us working from home, and having to home school the kids and trying to keep up with the house, my animals, and of course my recovery. It’s a lot. Some days I feel super overwhelmed and then my stinting thinking starts up.

Thank God for online meetings! I’ve been attending one each night. The other night when it was my turn to share I started to vent about my crazy busy days in quarantine, and then I realized that all those things I was just complaining about are actually my blessings. I’ve experienced what it’s like to not have all those things because I put using first before anything else.

The first year of my recovery my kids were in foster care. I remember crying and begging God to give me another chance at life, another chance at being a mother. I needed it to be needed again. Life in recovery can be hard sometimes but I know what it’s like to live in misery and this isn’t it.

I have to stay grateful for what I have in front of me. I have to stay reminded of where I came from and what it took for me to get to where I am today.

I stay clean everyday to continue to live this life I have today, to continue to go forward, to stay teachable, to just simply live my life in recovery to the best of my ability.

I’ll take this busy life I have today over anything. I will not let any drink or drug or virus get in my way. I am grateful for the tools I have acquired throughout my recovery.

NA has taught me to stay strong, that this too shall pass, to not give up before the miracle. I don’t have to do this alone and neither do you.

WE do recover even during this pandemic. There is no excuse not to make a meeting. Although it has been difficult not being able to attend NA meetings in person, we can still make our meetings online. There are many online meetings to choose from.. I’ve posted some inside this newsletter.

Thanks to this program and fellowship, I am proud to say May 19th 2012 is still my clean date.

Don’t run back to old ways just because they’re more comfortable or easier to access. Remember, you left certain habits and people for a reason: to better your life. You can’t move forward with your life if you keep going back.

This month I get to celebrate my 8th year clean in recovery.

Thank you for allowing me to be of service, and today I have the wisdom to know the difference.

I am so grateful that even in a time like this, we can come together and continue to hold NA meetings. By any means right? We were getting high by any means necessary, in recovery we can do the same. We can stay clean and stay connected by any means necessary. I am so grateful to be a part of this huge family we have in NA.

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Stay safe family

Jocelyn D.

Vol. 20  Issue 5

MACOMB MIRACLES
Newsletter of the Macomb County Area of Narcotics Anonymous
Hello everyone, WCNA 37 recordings

At this time of isolation, it is our hope that being able to listen to the words from the speakers from the 2018 World Convention will bring comfort. Image Audiovisuals is making the library of speaker recordings available at no charge through May 30. This URL https://go.attend.com/NA18 will take you to the 2018 NA library of speaker meetings. If you already have an account, log in with your existing credentials. If you have forgotten your password, click on forgot password from the login page and you will be provided with your password. If you are a new listener, set up your COMPLIMENTARY account by clicking on register. After you set a password, you will be taken to a menu where you can select World Convention 37, click view webcasts, select a meeting from the menu. Click view, and begin listening. Although the button says view, you will only be able to listen as the World Convention recordings are audio only.

Online Recovery Meetings and NA Service

Even before the pandemic shifted most NA meetings and much service activity online, we were planning a continued focus on online recovery meetings. Now NA has been getting a lot of attention from the public because of our effective response to the Covid-related restrictions around the world. We are asking for members to share experiences and best practices with NA recovery meetings and service efforts. What is working for you? Do you collect feedback from your attendees? What about literature distribution? How are you helping newcomers? We want to hear what is working for your meetings.

In service,
Your World Board

Friday 7:00 PM EST Steps and Traditions Study
https://zoom.us/j/275151930
Jul 17 Susan S. Grand Rapids
Jul 19 page S. Gaylord MI
Jul 26 Sally s. tvc MI
Aug 2 Bob M. North Port FL
Aug 9 Laura S. ct MI
Aug 16 Danny H Warren MI

Monday 11:30 AM EST Hope Without Dope
https://zoom.us/j/363938436
Tuesday 11:30 AM EST WoCvery For Women
https://zoom.us/j/243387235
Wednesday 3:30 PM EST Keeping the Miracle Alive
https://zoom.us/j/322881098
Thursday 9:00 PM EST Recovering With Illness
https://zoom.us/j/275151930
Friday 7:00 PM EST Steps and Traditions Study
https://zoom.us/j/402283768
Saturday 9:00 PM EST Living Clean
https://zoom.us/j/322881098
Sunday 2:00 PM EST Serenity on Sunday
https://zoom.us/j/906578417

STAY HOME, STAY SAFE, STAY CLEAN

ATTENTION DEAF/HARD OF HEARING
NA MEMBERS WHO ARE ALSO AMERICAN SIGN LANGUAGE INTERPRETERS PLEASE CONTACT ALYCIA S. @ 586-453-5711 (VOICE/TEXT) OR EMAIL ALYCIASTARR@GMAIL.COM
FOR QUESTIONS, SUPPORT & CONNECTION

Online:
Each meeting is available from 11:30 AM to 10:00 PM EST (5 to 10 PM BST) and two meetings will be available over the weekend.

Zoom is an app that can be downloaded onto your phone or computer.

From Your Couch
Meeting Thursdays @ 8pm
Alternate Step/Tradition Zoom: 235-798-5197
Password: 8SN763
https://www.onlinemeetings.na.org/Meetings

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Narcotics Anonymous - Outreach / Online
Meeting ID: 756 488 015
Password: 123456

South African Standard time
Mon 1300 - 1400 (7am EST)
Tue 1300 - 1400 (7am EST)
Wed 1300 - 1400 (7am EST)
Thu 1300 - 1400 (7am EST)
Fri 1300 - 1400 (7am EST)
Sat 1300 - 1400 (7am EST)
Sun 1300 - 1400 (7am EST)
Mon 1700 - 1800 (11am EST)
Tue 1700 - 1800 (11am EST)
Wed 1700 - 1800 (11am EST)
Thu 1700 - 1800 (11am EST)
Fri 1700 - 1800 (11am EST)
Sat 1700 - 1800 (11am EST)
Sun 1700 - 1800 (11am EST)

International Marathon Meeting
Meeting ID: 494 665 5895
Password: recovery (all lowercase)

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