When I reached a point in my addiction where I ultimately surrendered to my disease, I knew the end was near. But the pain was not going to lessen through this act of Surrender; it was going to consume me. I was prepared to resign myself to that immense pain and suffering. I increased the dosage to bring about an end to the pain in the only way I could imagine – through oblivion or death. When I was given the chance to meet the members of Narcotics Anonymous, and heard about surrendering myself to a new way of life, I couldn’t grasp the concept as spiritual. To concede to my inner most self that I had an affliction of body, mind, and spirit seemed like conning the con-man.

It sounded like I was going to try to bluff my way out of the nightmare. I already knew that I was hopeless in this battle over addiction, so how could I win by saying, “I give up,” or turning myself over to something that appeared to have stopped working for me long ago – a God of my understanding?

The only way I could keep coming back to this form of Hope and continue a daily reprieve was to enter a subtle form of negotiation. First, I would believe that I could not use or pursue getting and using for a day, or even an hour at a time. I also accepted spending time with people who were willing to spend time with me while I kicked.

The shame was so great that I needed to bargain against my sanity for the acceptance you all showed me, while treating me with the kindness anyone would treat a suffering sick person. Everything about coming to the rooms and sharing my shame was a negotiation against my Pride.

Full surrender might even be years off. That is the truth of my early recovery. It took many years before Step One stopped feeling like a negotiation. I continued to give up the fight against the outer signs of my disease while holding on to some of the inner forms of my disease. Social Acceptability felt like Recovery to me, but it wasn’t.

Through not using no matter what, my disease actually flanked me in the form of success and stature. I reached a new point in my development where I began to negotiate my time and involvement with NA. I felt that I had only cut off one head in order to grow another. And, by growing another, I had also developed all new belief systems which would take me down new paths of destruction and isolation. How to stop this cycle with many years clean became the enigma of my present reality. The answer has always been to stop thinking that I can negotiate with my disease, but to fully surrender to the Program, to the Fellowship, and to give my will and life over to a Higher Power which is Loving, Kind, and more Powerful than my disease. So I trust in my Higher Power, my Sponsor’s experience and guidance, and the spiritual principles of our steps. Turning my will and life over today means to align my will and my great news is that others have done the work before we have, so they are willing to live with greater purpose, selfless actions, and empathy for others. Surrender is the key to Freedom, and our message is Hope and the Promise of Freedom. It takes practice, but they show us the way.

- David B.
Did you ever feel like you were carrying around a lot of extra weight? I have too, but I found this new diet. First, I wake up every morning and have the first three steps for breakfast. Then I clean all of the things out of my fridge that I don’t need anymore and I give it all away. Before lunch, I do the first workout of the day. I pick up Step 6 in one hand, Step 7 in the other and put on my living shoes and I face the day. By lunchtime, I’m already feeling lighter. So after lunch I do another little job. I make a list of things I need to do and become willing to do them. Then I do want is necessary. By the end of the day, I feel great. I feel free from that extra weight. So after a dinner of reflection I take an inventory of my day. I realize I’ve lost that weight of insanity, lived life on life’s terms, and was a responsible and productive member of society. In order to keep my mind off the heavy burden of addiction, I spend the rest of the evening focusing on my relationship with the 11th Step. This way, I can go to a meeting, work a step, or do something in service that will fulfill our fellowship’s primary purpose, to carry to message to the addict who still suffers. This keeps me focused on practicing these principles in all of my affairs. The 11th Step keeps me focused on the 12th Step. This daily NA diet has lightened my load tremendously. I have lost that weight that held me back. This like any other diet is a combination of discipline and action. If you want to lose that heavy burden of the insanity of addiction and enjoy the lightness of freedom from active addiction, give recovery a chance.

Anonymous

TRADITIONALLY SPEAKING

(The Twelve Traditions of Narcotics Anonymous truly are “the ties that bind us together”. As important as the Steps are to personal recovery, so the Traditions are to group survival and to insure that our meetings fulfill their primary purpose. Each month, we will look a little closer at a particular Tradition, because we cannot implement a tool of recovery until we can begin to understand it.)

Tradition Four: “Each group should be autonomous except in matters affecting other groups or NA as a whole.” “Autonomy gives our groups the freedom to act on their own to establish an atmosphere of recovery, serve their members and fulfill their primary purpose. It is for this reason that we guard our autonomy so carefully.” - Basic Text, p.64

Some thoughts to ponder concerning Tradition Four:

1) What does “autonomy” mean?
2) Does this tradition give groups total freedom to do anything they choose?
3) How can my group's decisions affect other groups?
4) How can my group's decisions affect NA as a whole?
5) The Basic Text says that group autonomy has been used to justify a violation of the Traditions. Have I ever seen an instance where that happened?
6) How should a group establish an atmosphere of recovery?
7) Can a member of another group come in and influence my group's decisions?
8) How does this tradition relate to Tradition One?
9) At what point does "group freedom" become anarchy?
10) What is the definition of an NA group?

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
“More Will Be Revealed”

Learning to use our literature helps us stay clean, the solutions are always in there.

**Down**

1. "By carrying this ________ to another addict, we are reminded of our own beginnings." (pg 99)
2. "We need to constantly review our ________ and thoughts if we are to stay enthusiastic and grow spiritually." (pg 100)
3. "We make mistakes, and we ________ and learn from them." (pg 98)
4. "Since the beginning of our recovery, we have found that ________ doesn't come from material things, but from within ourselves." (pg 103)
5. "We came to ________ that we had no power to change the outside world, we could only change ourselves." (pg 97)
6. "This ability to ________ is a gift and grows as we grow spiritually." (pg 102)
7. "Words cannot describe the sense of spiritual ________ that we receive when we have given something, no matter how small, to another person." (pg 100)
8. "However, by realizing the will of our Higher Power, dreams do come true in ________." (pg 102)
9. "Our opinions are sought and valued by non-addicts in areas other than ________ and recovery." (pg 100)
10. "We cannot afford to become ________, because our disease is with us twenty-four hours a day." (pg 97)
11. "We are often ________ at how things work out for us." (pg 102)
12. "Before recovery, we were unable to even conceive of the thought that ________ brought gifts." (pg 99)
13. "Whatever pain we ________ will pass." (pg 99)
14. "Through ________, we allow addicts to become part of us." (pg 101)
15. "Helping a suffering addict is one of the greatest experiences ________ has to offer." (pg 100)
16. "This extra effort is ________ to our recovery." (pg 98)

**Across**

3. "As addicts, our skill at self-deception will be at its ________ in such a situation." (pg 98)
4. "Our real ________ is in being ourselves." (pg 101)
5. "We have found that the way to remain a productive, responsible member of ________ is to put our recovery first." (pg 102)
6. "Today we have ________ feelings of love, joy, hope, sadness, excitement." (pg 97)
7. "A ________ awakening is an ongoing process." (pg 101)
8. "In recovery, our ________ of fun change." (pg 102)
9. "As we grow spiritually we become attuned to our feelings and our ________ in life." (pg 101)
10. "Narcotics Anonymous offers addicts a program of recovery that is ________ than just a life without drugs." (pg 103)
11. "We learn to become ________ and to admit when others are right and we are wrong." (pg 98)
12. "This is a program of ________ abstinence." (pg 98)
13. "By working the ________, we are rebuilding our fractured personalities." (pg 97)
14. "We have the ________ to live the knowledge acquired by staying clean, when we work with newcomers." (pg 100)
15. "Honest sharing can dispel our fears of ________." (pg 99)
16. "Remember that we, not our doctors, are ultimately ________ for our recovery and our decisions." (pg 99)
Sun | Mon | Tue | Wed | Thurs | Fri | Sat
---|---|---|---|---|---|---
14 Area Meeting 10:30 Eastside Alano club/ Policy Meeting 9:30am | 15 | 16 | 17 | 18 | 19 | 20

Keep it SIMPLE

21 Father’s Day

28 29 30

6 “THE GREATEST GIFT TO GIVE TO THE PEOPLE YOU LOVE IS YOUR RECOVERY.”

5 7 8 9 10 11 12 Area Meeting 10:30am Eastside Alano club/ Policy Meeting 9:30am | 13 | 14

JUNE 2020 July

<table>
<thead>
<tr>
<th>Name.</th>
<th>Clean Date</th>
<th>Years</th>
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<tr>
<td>Danielle B.</td>
<td>06-22-2013</td>
<td>7 Years</td>
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<tr>
<td>Nikki B.</td>
<td>06-25-2017</td>
<td>3 Years</td>
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<td>Bruce G.</td>
<td>06-07-1990</td>
<td>30 Years</td>
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<td>Diana F.</td>
<td>06-26-2019</td>
<td>1 Year</td>
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<tr>
<td>Vince M.</td>
<td>06-22-2018</td>
<td>2 Years</td>
</tr>
<tr>
<td>Brittain P.</td>
<td>06-04-2018</td>
<td>2 Years</td>
</tr>
<tr>
<td>Jon S.</td>
<td>06-15-2013</td>
<td>7 Years</td>
</tr>
<tr>
<td>DJ W.</td>
<td>06-05-2018</td>
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</tr>
<tr>
<td>Joe W.</td>
<td>06-28-2019</td>
<td>1 Year</td>
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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.

Need help finding a meeting, or just need to talk to another addict in recovery? Call the NA Helpline at (248)543-7200 Toll free: 877-338-1188 Michigan Region: 800-230-4085

Everyday 6 p.m. George Park
40500 Moravian Dr., Clinton Twp. OUTSIDE, BATHROOM AVAILABLE

Everyday 10 p.m. Daily Maintenance, Eastside Alano Club

Sunday 3 p.m. Serenity on Sunday, Macomb Alano Club, Clinton Twp.
Sunday 7 p.m. No matter what, St. Thomas Lutheran Church, Eastpointe OUTSIDE, NO BATHROOM
Sunday 7 p.m. Go for Hope, Peace Lutheran Church, Warren OUTSIDE
Tuesday 7:30 p.m. Many a Mile to freedom, Bethel Lutheran Church, SCS OUTSIDE, BATHROOM AVAILABLE (in the case of bad weather 20 max inside)

Wednesday 7 p.m. Clean for today, Held at members house in Ira Twp.
CALL 586-563-5461 for location
Wednesday 7 p.m. Freedom Seekers 2, Barnabus, Eastpointe OUTSIDE, NO BATHROOM
Thursday 7 p.m. Spiritual Connection, St. Mark’s Church, Roseville INSIDE/OUTSIDE, BATHROOMS AVAILABLE
Friday, 11 a.m. It must be Friday, Dodge Park, Sterling Hts. OUTSIDE
Saturday, 7 p.m. Eastside Story, 27000 Gratiot, Roseville

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 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 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 if needed and will become property of the Macomb Miracles. You can submit an item to Macombmiracles@yahoo.com. We are always looking for NA news, upcoming events, poetry, your story, your opinion, artwork, and anything else you think may be suitable for our newsletter. There is no requirement to send in your experience, strength, and hope. Your story could help someone stay clean another day. We can only keep what we have by giving it away.

With Loving Service your Newsletter Chair, Jocelyn D.