

The Motor City Message



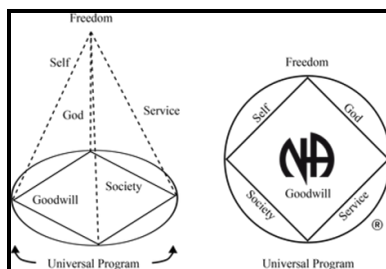
October — December 2023

Regional Committee Members

Chair - Stacy K.
Co-Chair - Jeff K
Secretary - Alicia S.
Co-Secretary - Open
Treasurer - Cherise D.
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MDRCNA Chair Roosevelt D.
Helpline - Open
H&I - Open
Public Relations - Open
Web Server - Sean
Newsletter - Stiliani
E. Special Events Dave V.

We encourage anyone with the willingness, to participate in any of these subcommittees. The First Concepts is, To fulfil our fellowship's primary purpose, the NA groups have joined together to create a structure which develops, coordinates, and maintains services on behalf of NA as a whole

This Newsletter Needs All Area's Support



FROM THE EDITOR

Recovering From Our Addictions

We recover from many addictions, but first we must stop using. Not only drugs, but other things that we are addicted to. When I came to this program I learned to recover from the use of drugs. Now I'm learning about my other addictions that I have. I'm learning not to act on those addictive behaviors and how to recover from them. I take it one day at a time, sometimes 1 hour at a time, or 1 minute at a time. No matter what I leave it in God's hands. To give me the strength to recover, to live life in a better way, and to be more serene. And I do my best not to act on my addicted behavior.

REGIONAL NEWSLETTER CHAIR,

STILIANI E.

Motor City Message Newsletter

Submit all articles, such as, recovery stories, poems, events, anniversaries, convention and much more. Contact Newsletter Chair Stiliani E. at stiliani.sofianidis@gmail.com

Or better yet come to our Hybrid Meeting at

Location: MSO 726 Livernois st. Ferndale, MI. 48220

OR Join on Zoom - ID 4874061923 PW - 494929

Day: November, 26 2023

Time: 1pm



**AN ADDICT, ANY ADDICT, CAN STOP USING DRUGS,
LOSE THE DESIRE TO USE, AND FIND NEW WAY TO LIVE**

"What does recovery mean to me"

As a member of Narcotics Anonymous I came to this program looking to relieve myself of my drug use, but mainly to save my job. This program said that no one can make you stop using until you're ready. Not your family, friends loved ones, you can be threatened beaten and still you will not stop until you are ready, this was so true.

I continued to use for 20 years until I reached the point where the pain outweighed the pleasure. Then when I came back, I was willing to do whatever was necessary and surrender became my way out. Once I Surrendered, then and only then, was recovery possible. The suggestions were valid, do 90 meetings in 90 days, get a home group, get phone numbers call them, get a sponsor, who is living and working the 12th steps and traditions.

I began doing this thing one day at a time in my life began to change. Service work is very important in my recovery, today I'm giving back what was so freely given to me. Just for today.

Editor of the West Area Newsletter Melvin H.

The Beginning

Day by day, one step at a time
Moving Forward, positivity in mind
This journey is ongoing, lifelong
It's challenging, but we must stay strong
The willingness to live clean;
Acceptance and perseverance are key
That drug or drink was a chain
Holding you down, tied to pain
Turning yourself over, letting go at last
To feel this free, breaking away from the past
Allowing a higher power inside your heart
That's when the healing truly starts.

Liz H. 9/19/23

The Ride

It's been quite a ride, time flies
right before my eyes,

9 months ago, I was so broken
I wanted to die,

That old version of me, was so
lost and confused,

Felt so much pain, he thought
his only choice was use,

Sometimes I look back, and I
feel bad for that kid,

Like it's not even me, cause I
found a new way to live,

But that wouldn't be possible,
without overcoming obstacles,

That sent that boy down a path
of destruction unstoppable,

He had to suffer, for me to be a
better man,

And somehow, I know, it's all
part of Gods plan,

I can find peace in knowing that
it all serves my purpose,

Necessary to shine light, so for
me it was worth it,

I want that kid to know, that he
didn't suffer in vain,

Cause I weathered the storm,
and I still feel his pain,

So, I owe it to him, to do the
best I can,

Cause without that boy, I
wouldn't be a man.

Duane R. #Icon



THE THERIPUTIC VALUE OF ONE ADDICT HELPING ANOTHER IS WITHOUT PARRAELL

The first step to recovery is that you must move forward and leave your addiction behind. It must be a commitment from you, and you alone

THE PROGRAM

When we admitted we were powerless, our lives had become unmanageable,
The process of coming to believe became a little more understandable,
A power greater than ourselves, could restore us to sanity,
But first we must surrender, or the results could be damaging,
That's when we made a decision, to turn our will and our lives,
Over, to the care of a God that we could not see with our eyes,
Followed by a moral inventory, searching the depths of our soul,
Without fear, exact nature of our wrongs to be told,
To God, to ourselves, to another human being,
With that opens up the door for us to finally to be free,
All these defects of character, we were entirely ready,
To have them turned into confetti, so our hearts don't feel heavy,
So, we humbly asked God, to remove them with our shortcomings,
At this point we were still blind to a future that was forthcoming,
But we still made a list, of all the people we have harmed,
Became willing to make amends, straight from the heart,
Except when to do so, would injure them or others,
By now the evidence is clear that we truly do recover,
So, we continue to take an inventory, admit when were wrong,
It becomes personal, like the words to your favourite song,
Improve that conscious contact, thru prayer and meditation,
The power to carry out his will without hesitation,
Having had a spiritual awakening, we carry the message,
Plus practice these principles, it works if you let it.

**Duane R.
#Icon**

GIVEN BACK

I will never forget what it feels like to not be able to look at yourself in the mirror, because you cannot stand to face what you've done to yourself. Recovery has giving me my life back. A life that I can be proud of. It's given me my soul back. It's given me my family back. It's given me my dreams back. Today this precious gift of recovery means the world to me.

I have 5years 11 months and 23 days clean from drugs. I work on my recovery every day. I make 12 step meetings, I call people in recovery, I talk to my sponsor, and I sponsor other women in recovery. Being able to share my story with others who struggle to stay clean is one of the greatest gifts of being in recovery. It means so much to me to look at an addict who's struggling to kick drugs and tell them to hold on, you can make it, just don't give up, if I can do it so can you.

**Addict named Stacy P.
Western Wayne Area of NA Chair**

THE 9 AREAS OF METRO-DETROIT REGION WEBSITES

<https://michigan-na.org/blue-water-area/>

<http://michigan-na.org/macomb-area/>

<http://michigan-na.org/central-detroit-area/>

<http://michigan-na.org/monroe-area/>

<http://michigan-na.org/detroit-east-area/>

<http://michigan-na.org/oakland-county-area/>

<http://michigan-na.org/detroit-tri-city-area/>

<http://michigan-na.org/western-wayne-county-area/>

<http://michigan-na.org/detroit-west-area/>

I CAN'T - WE CAN

How Well Do You Know Your Literature?

FILL IN THE BLANKS

Preface to the 6th Edition

As our members stay clean ten, twenty, thirty years and more, _____ has more and more experience _____ with challenges beyond “not picking up the _____.”

Preface to the 1st Edition

With gratitude in our recovery, we _____ our NA book to the loving service of our _____.

Step 1

Addiction is a physical, _____ and spiritual disease that _____ every area of our _____.
Unemployability, dereliction and _____ are easily seen as _____ of an unmanageable _____.

Step 2

Even when we admitted that we _____ help with our _____
problem, many of us would not _____ to the need for _____ and _____.
Most of us lacked a working _____ with a Higher Power.

Step 3

We faced two choices either we _____ the pain of withdrawal or _____.
We are slowly beginning to lose the _____ fear of _____.

12 Step Word Search

T	B	L	C	L	H	E	H	E	D	T	F	D	O	P	F	J	T	W	A	F	N	C	K	
Q	J	J	D	A	B	N	C	A	P	F	V	C	E	Y	T	X	L	Y	A	S	P	N	O	
I	E	K	P	P	M	Z	I	B	O	O	R	V	P	E	N	Y	O	G	G	Z	H	T	O	
W	U	M	H	K	Y	Y	I	O	D	J	W	W	T	L	E	T	O	L	G	I	Y	N	B	
I	N	R	U	R	G	S	D	N	E	M	A	E	U	D	M	I	E	N	N	H	I	T	E	G
B	M	T	Y	K	K	C	V	V	D	W	R	C	R	Y	T	N	Q	U	I	J	S	W	I	
Q	A	I	T	V	S	D	H	B	Z	O	G	E	G	L	A	A	J	P	T	F	E	F	B	
U	N	N	I	X	Z	E	X	W	E	R	V	R	W	I	E	S	D	X	E	U	N	K	U	
F	A	V	L	U	S	L	F	V	N	J	W	E	O	X	R	S	A	A	E	Q	O	L	D	
U	G	E	A	M	P	R	V	S	Q	U	N	H	S	S	T	Z	S	Z	M	L	H	A	W	
Z	E	N	U	A	I	E	P	X	O	P	E	N	M	I	N	D	E	D	N	E	S	S	G	
S	A	T	T	C	V	D	T	J	J	Z	C	E	K	W	E	O	J	T	C	F	M	R	C	
I	B	O	I	R	Z	N	L	A	O	D	I	F	I	Q	C	W	P	E	M	I	R	A	H	
Z	I	R	R	A	Z	E	L	C	T	R	Q	L	S	E	N	F	I	S	B	K	L	M	M	
N	L	Y	I	K	G	R	X	J	E	D	L	S	I	L	A	K	D	X	A	Y	A	X	Q	
W	I	R	P	W	L	R	N	R	B	I	U	T	Z	T	T	E	L	P	Q	J	W	R	I	
A	T	M	S	U	Q	U	W	O	N	O	Y	W	Y	I	P	O	Q	J	R	N	M	L	Y	
N	Y	A	G	G	V	S	Z	G	M	G	X	Z	V	K	E	Z	W	Q	C	A	B	C	C	
E	U	F	B	G	T	M	N	Y	A	W	J	D	M	L	C	O	I	N	I	F	Y	R	Y	
E	P	J	G	L	O	E	N	P	A	H	X	P	S	O	C	C	Q	M	T	G	R	E	Z	
D	P	Z	E	F	S	O	W	B	Q	F	Z	F	I	O	A	M	H	V	O	V	B	W	R	
V	G	Z	M	S	N	M	Y	I	Q	D	K	Z	C	T	D	T	R	O	J	D	F	I	P	
O	H	D	X	A	J	Y	P	F	H	T	I	C	S	T	E	P	B	H	K	Q	U	Y	N	
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|------------|--------------|-----------------|------------|
| amends | willingness | openmindedness | honesty |
| inventory | sanity | unmanageability | powerless |
| anonymous | spirituality | tool kit | meditation |
| acceptance | prayer | surrender | Meeting |
| Treatment | Step | Big Book | sponsor |